Calgary Seniors Housing Forum Society

CALGARY SENIORS' HOUSING FORUM

YOUR BI-MONTHLY GUIDE TO
Current news and views
FIND US ON PAGE 25

Calgary metro

Your essential daily news | MONDAY, JULY 27, 2015

High 16°C/Low 9°C Mainly cloudy

EXCLUSIVE EXCERPT
FOUR DAYS OF BROKEN PROMISE
metroLIFE

MAKING A SPLASH

Aaron Grant's dog, Wilson, was a high-flying crowd pleaser at Pet-A-Palooza Sunday. More on the weekend extravaganza of domesticated animals inside metroNEWS. JEREMY SIMES/FOR METRO

Big trucks avoiding Deerfoot

TRAFFIC

Stoney Trail siphoning off heavy vehicles, data indicates

Robson Fletcher
Metro | Calgary

Calgary's Deerfoot Trail may have as many vehicles on it now as it did before the opening of the southeast ring road, but the peripheral highway appears to be siphoning off much of the heavy-truck traffic.

That's according to the latest data gathered by Alberta Transportation, which shows a major spike in the number of tractor trailers using Stoney Trail on the east side of the city, after the southeast portion of the route opened in September 2013.

"This provides a strong indication that many large trucks shifted from Deerfoot Trail to Stoney Trail," an Alberta Transportation spokesperson told Metro, after gathering data on vehicle-type counts on the east side of Stoney Trail at 16 Avenue North.

The estimated daily volume of tractor trailers at that intersection in 2013, prior to the opening of southeast Stoney Trail, was 2,200. By 2014, that number had doubled to 4,400 trucks per day.

Coun. Shane Keating, whose constituents in Ward 12 rely on Deerfoot Trail to get to and from most of the rest of Calgary, said any shift of heavy trucks to Stoney Trail would be welcome.

"One big transport is the size of three or four cars," Keating said. "So if we're getting away from some of that traffic that is slower in nature and takes up greater space on the road, then it may alleviate spaces for cars."

As Metro reported earlier in July, total traffic volumes on Deerfoot dipped by about five per cent in 2014 but have since rebounded to the same level as before the southeast ring road — which itself now sees about 40,000 vehicles per day — opened to traffic.

Alberta Transportation has yet to do a specific count of heavy trucks on Deerfoot Trail since the opening of the southeast ring road but plans to carry one out this summer.

Those numbers should be available in the fall, according to the provincial government.

✪ www.VILLAGEHONDA.com ✪ www.VILLAGEHONDA.com ✪ www.VILLAGEHONDA.com ✪

CALGARY'S CIVIC DESTINATION

VILLAGE HONDA

OVER 100 NEW HONDA CIVICS AVAILABLE NOW!

HAVE IT YOUR WAY

THE ULTIMATE CIVIC SALE IS ON NOW!

PAY CASH AND GET $2,000 IN FACTORY SAVINGS

OR FINANCE OR LEASE FROM 0.99% PLUS A $1,000 CIVIC BONUS

"THE NEW HONDA PILOT IS A FRONT-RUNNER FOR ANYONE CONSIDERING A 3-ROW SUV"
Kelly Blue Book

"HONDA HAS CREATED THE LATEST, MOST-SERIOUS PLAYER IN THE 3-ROW CROSSOVER SEGMENT"
Motor Trend

"THE 2016 PILOT HAS THE MOST VERATILE INTERIOR THIS SIDE OF A MINIVAN."
edmunds.com

"DOES THIS LATEST MODEL HAVE WHAT IT TAKES TO PUT THE PILOT AT THE HELM OF THE SEGMENT? THE SHORT ANSWER IS: YES."
autoguide.com

THE REVIEWS ARE IN AND IT'S HERE!

DealerRater

THE ALL-NEW PILOT

AVAILABLE NOW!

PRE-ORDER BY JULY 31ST AND RECEIVE A $200 ACCESSORY PACKAGE

PROUD SPONSOR KidSport

OFFICIAL DROP OFF LOCATION

Canada's Sport Equipment Bank

JUST WEST OF COSTCO ON
7663 110TH AVENUE NW
(403) 451-6153

JUST 5 MINUTES FROM CROWCHILD TRAIL!

✪ www.VILLAGEHONDA.com ✪ www.VILLAGEHONDA.com ✪ www.VILLAGEHONDA.com ✪

*OFFERS OAC. ALL REBATES TO DEALER. ALL OFFERS INCLUDE FEES (INCL. AMVIC FEE OF $6.25) AND TAXES. GST EXCLUDED FROM ALL OFFERS. INVENTORY ACCURATE AT TIME OF PRINTING. PILOT ACCESSORY OFFER HAS MAXIMUM VALUE OF $200. PRIOR SALES NOT ELIGIBLE. CONDITIONS APPLY. VEHICLES MAY NOT BE EXACTLY AS SHOWN. CONDITIONS APPLY. ALL OFFERS END 07/31/15. PRIOR SALES ARE INELIGIBLE. SEE DEALER FOR FULL DETAILS.

AMVIC

WOOD AUTOMOTIVE GROUP

metro NEWS

Your essential daily news

Insurance companies might pay for medical marijuana **Business**

IN BRIEF

Fire in abandoned barn lights up Calgary's sky

The Calgary Fire Department responded to a large structure fire of an old, abandoned barn near the intersection of 17 Avenue and Stoney Trail SE early Sunday. Upon arrival at the scene at about 1:30 a.m., fire crews called a second alarm due to the large volume of flames. The blaze was quickly contained and didn't spread, according to the fire department. No injuries were reported. The fire department is investigating. METRO

Police investigate pair of weekend stabbings

Police are investigating two stabbing incidents that occurred over the weekend.

In the first, police say a 24-year-old man returned home and an hour later, told his mother that he thought he had been stabbed. Det. Andy Nguyen says the man was rushed to the Peter Lougheed Centre and police were waiting for him to recover from surgery to interview him. "This person doesn't really want to involve police and claims he doesn't remember where he was when he was stabbed, so we don't have a lot of information," Nguyen said.

In the second incident, police say a 25-year-old man was stabbed outside a Forest Lawn establishment early Sunday and police were waiting to interview him after surgery.

KRISTA SYLVESTER/FOR METRO

Memorial items placed along a fence at Auburn Lake where seven-year-old Caleb drowned on Friday. KRISTA SYLVESTER/FOR METRO

Memorial for drowned boy starts off Ironman

AUBURN LAKE

Seven-year-old victim died days before competition

Krista Sylvester
Metro | Calgary

Sunday's Ironman 70.3 at Auburn Lake was unlike any other, as it started with a moment of silence and the release of 100 blue balloons for the seven-year-old boy who drowned in the same body of water just two days earlier.

Organizers of the seventh annual event in Calgary said it was a difficult decision to go ahead with the triathlon at the lake where the young boy, identified only as Caleb, drowned on Friday, but ultimately opted to continue with a race that was dedicated to his memory.

"We really struggled with the decision," said Ironman 70.3 Calgary founder Paul Anderson.

"We wanted to strike a balance between doing what is right and respecting the tragedy here, and respecting the community and the family that suffered such a tremendous loss, while also respecting the athletes who came from a dozen countries around the world and trained all year for this," said Anderson.

"It was a very difficult decision but I think we had a nice moment of silence before the race and a lot of people were touched by that," he added. "A lot of the athletes wore blue arm or wrist bands in honour of Caleb and a lot of athletes put up medals on the memorials. There wasn't a dry eye there. It's a very sad tragedy and I can't imagine what the family is going through."

The triathlon began at Auburn Lake early Sunday and ended in North Glenmore Park and is a precursor for the competitors to qualify for the world championships.

Flowers, teddy bears and red ribbons were spread throughout Auburn Lake in memory of Caleb, who was rushed to hospital and later died after the incident on the lake Friday.

POLITICS

NDP staff hiring raising questions

Following the investigation of late-to-open NDP constituency offices, Metro has obtained documents that were tabled and prompted the Legislative Assembly Office (LAO) to examine the NDP's constituency assistant hiring process.

On June 25, PC Calgary-North West MLA Sandra Jansen made a statement in the legislature criticizing the government for bringing partisanship into the local offices. Jansen tabled eight recruitment notices the NDP circulated, which Metro obtained, that state constituency assistant applications were being vetted through senior party official Brian Stokes, the NDP's longtime executive director.

Hiring for the constituency offices is meant to be processed through the legislative assembly, and final approval falls to each individual MLA.

"I'm surprised to hear from some job seekers that they need to submit their resumes to an individual who is serving as the executive director to the Alberta New Democratic Party," Jansen said during question period in June.

The advertisements also describe the employer as "Alberta's NDP" — but the actual employer isn't the party, it's the LAO.

Clerk of the Assembly David McNeil will conduct an informal review and will likely prepare a report this fall.

BRAEDEN JONES/METRO

DID YOU KNOW THAT PARALEGALS IN ALBERTA EARN A MEDIAN WAGE OF **$25/HR*?**

Apply to the **Paralegal** program today you can become an essential member of the legal industry in just over a year! Classes start soon.

Financial assistance may be available to qualified applicants.

* Source: jobbank.gc.ca

Reeves College also offers programs in:
- Accounting & Payroll Administration
- Addictions & Community Services Worker
- Business Administration Management
- Computer Graphic Design
- Medical Office Administration
- Oil & Gas Administration
- And More!

1 800 533 1457 **study.reevescollege.ca**
Two campuses in Calgary to better serve you!

REEVES COLLEGE

THEFT

Woman to laptop thief: 'Be human'

They took her jewelry, her furniture, her electronics and her two laptops — but all she wants back are the photographic memories of her eight-year-old son with special needs.

After a six-day vacation, Caroline Berglund returned to her McKenzie Towne home on July 19 to find it had been ransacked.

Numerous items, including two laptops, were missing. One of the computers contained 8,000 photos of Berglund's son as well as two novels and 12 short stories she has written over the past 13 years.

"A lot of things were stolen, but the things that mean the most are irreplaceable," she said. "I've been taking a picture of him every single day since he was born to show his progression ... and now I don't have those anymore."

Berglund said police told her they don't have any leads, but her understanding is there have been other break-ins in the area.

Noticing her spare keys were also stolen, she wrote a note to the thief and left it on her garage, in case they return for her car.

The note pleads with the culprit to "be human for a second" and return the laptop, "no questions asked."

"The sad thing is all of those memories can't be replaced," Berglund said. "I just need the content of the laptop back, even if they can just send it to me."

KRYSTA SYLVESTER/FOR METRO

> **The things that mean the most are irreplaceable.**
> Caroline Berglund

HIT-AND-RUN

Stolen Jeep ends up in the Bow River

Police are seeking more information after a spree of hit-and-runs that occurred early Sunday morning ended with a vehicle partially submerged in the Bow River.

Det. Andy Nguyen said police received a call about suspicious activity relating to a stolen Jeep Cherokee in Queensland but, before officers could get there, the vehicle left. Sometime later, police say, the vehicle was involved in several hit-and-runs and "ended up" in the river.

"The fire department had to deploy the dive team to make sure nobody was in the river. We believe the two occupants of the vehicle are at large and we're looking for more information about this incident," Nguyen said.

Both the HAWCS police helicopter and canine unit were involved.

Police are seeking anyone with information.

KRYSTA SYLVESTER/FOR METRO

Artist Jarett Sitter stands in front of one of his downtown fly murals made with eco-paint. COURTESY NICK TAYLOR

Calgarians eyeing the flies on the wall

CULTURE

New murals intended to get imaginations taking flight

Jeremy Simes
For Metro | Calgary

There's a different kind of buzz in downtown Calgary.

Decked across the walls of three Calgary underpasses, murals of mechanic-like flies have caught Calgarians by surprise.

Jarett Sitter, the artist behind the flies, said he wants people to think twice about the insects often seen as pests.

"I want people to see it and think, 'Oh, what could they be building? Where are they going? What could they be creating?'" he said.

"It's like you become the fly on the wall watching these flies on the wall; they aren't necessarily paying you any mind as they go about their day."

The city approved Beakerhead's application for the murals in March.

> **What could they be building? Where are they going?**
> Mural artist Jarett Sitter

The murals — located on 1st Street S.E., 4th Street S.W. and 14th Street S.W. — were spray-chalked with environmentally friendly materials.

The city only approves murals that use eco-chalk; it's easier to wash off, said Jessica Bell, spokeswoman with Calgary roads.

"We can't have things up forever," she said.

As it turns out, eco-friendly paint is also good for the health of street artists, as less harmful chemicals are inhaled, Sitter said.

"If it's good for your health and good for the environment, then there's not really a downside to that," he said.

The murals are part the build-up to Beakerhead's annual art, science and engineering festival in September and will be up until Sept. 30.

Dental Assistant Students offer services to the public including: dental x-rays, brushing and flossing instruction, polishing to remove stains, fluoride treatments and dental sealants to protect healthy teeth from decay. These services are available to anyone over the age of 6 years.

Our next session will take place August 4 - 27, 2015.
Please call 403-235-9314 to book an appointment.
Note: Learning takes time. Appointments are 3 hours in length.

For more information:
www.columbia.ab.ca/m

COLUMBIA COLLEGE CALGARY

Quality education that works for you & employers.

CCIS
OUR COMMUNITY. OUR FUTURE.

Contract Administration & Contractual Issues for Engineering & Construction Projects

Speaker: Dr. George Jergeas, P.Eng. Professor of Project Management
Date: Friday, September 11 2015
Hours: 8.30 am - 4.30 pm
Location: CCIS Main Office: 1111-11 Ave SW ~ 3rd floor
Fee: $150.00
Includes: Certificate of Participation

403.817.6477 // hoc@ccis-calgary.ab.ca
www.ccis-calgary.ab.ca

LIMITED SPACES. REGISTER NOW!

Taking the smarter route

CYCLE TRACK

Sidewalk riding will decrease with new lanes, city predicts

Helen Pike
Metro | Calgary

With the completion of the Centre City Cycle Track network comes public scrutiny, chatter and both complaints and compliments to 311.

One of the complaints brought up online — aside from parking and traffic concerns — are reports of cyclists still riding on the sidewalks beside the new dedicated lanes.

"It's too early to draw a conclusion about sidewalk riding on our new routes because they really just opened," said cycling co-ordinator Tom Thivener.

"Some people haven't even realized that they're there yet, but over time we know compliance will get a lot better."

Thivener said even though it's too early to tell how many people are using the sidewalk, adding a bike lane to a route normally plagued with illegal sidewalk cyclers helps take two wheels away from walkways and put them on the street.

Calgary cycling co-ordinator Tom Thivener rides on the 5 Street SW cycle track — not the sidewalk. ROBSON FLETCHER/METRO FILE PHOTO

Since the 7 Street SW cycle track opened, he noted, the number of cyclists on the sidewalk dropped from 25 per cent to a mere one per cent.

"It's really as a result of just not having safe facilities on the street," Thivener said of many cyclists' decision to ride on the pedestrian infrastructure.

Thivener also noted sidewalk cycling is one of the measures the city is studying for its first cycle track update in December.

Cyclists and motorists can also expect a police and bylaw presence, with officers keeping an eye on illegal turns, running red lights and other infractions.

"They are hitting the streets, they are around our corridors that we are working on," Thivener said.

"They are definitely looking for behaviours that could be dangerous to other people and trying to educate about those, and perhaps, enforce and issue citations."

Live online data from the new cycle track system is expected later this month.

While the pilot is on, the city is also taking feedback from Calgarians via 311.

> **Some people haven't even realized that they're there yet, but over time we know compliance will get a lot better.**
> Calgary cycling co-ordinator Tom Thivener

IN BRIEF

Woman and infant killed in four-vehicle crash

A mother was killed and four other people, including her infant child, were injured in a four-vehicle crash on the Trans-Canada Highway east of Calgary on Friday. The infant later died in hospital, police said Sunday.

The woman, in her 30s, was pronounced dead at the scene while her two-month-old baby daughter was taken to Alberta Children's hospital in life-threatening condition, according to police. Strathmore RCMP continue to investigate the crash. METRO

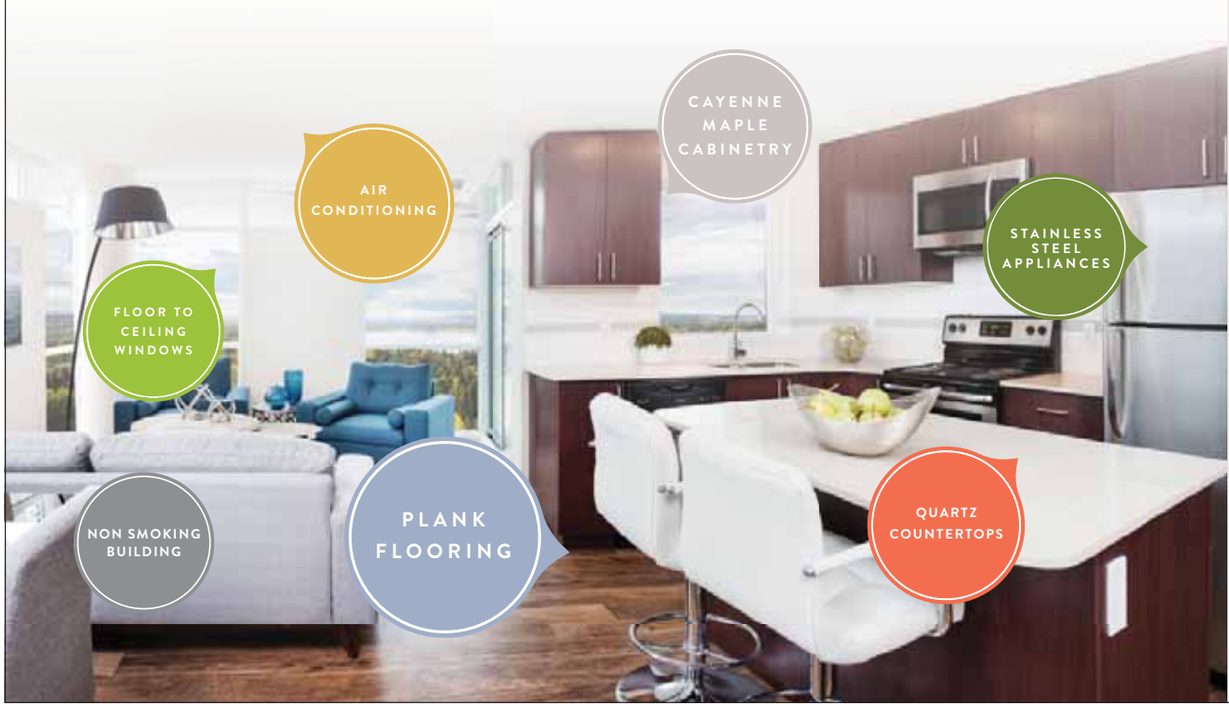
Two-year-old girl dead after being left in pond

Police near Edmonton say they are investigating a drowning of a two-year-old girl.

RCMP in Morinville say the girl was reported missing on Saturday morning after she had been playing at a park with siblings. Police later found her unresponsive in a pond. Efforts to revive her failed. THE CANADIAN PRESS

SETTLE FOR EVERYTHING.

One bedroom suites starting at $1,495 and two bedroom suites starting at $1,795.



Discover the best of city living at Elata—a modern luxury rental property overlooking the beautiful Glenmore Reservoir. Located on a lush 10.5-acre garden with access to many outdoor activities, Elata offers the ultimate in carefree living. Each unit features open-air balconies, in-suite laundry, air conditioning, and high-end finishes. On-site you'll also find a well-appointed fitness facility, a heated indoor pool and other activity areas to enjoy.

elata
at Glenmore Gardens
2160 Paliswood Rd. SW

VISIT ELATA.CA
OR CALL 403-910-1708

MANAGED BY VERTICA RESIDENT SERVICES

5 THINGS ABOUT THE 2015 CALGARY FOLK MUSIC FESTIVAL

Another year, another Calgary Folk Music Festival in the books. The 2015 edition of the annual gathering at Prince's Island Park had a lot to offer, and every festival-goer took away his or her own experience from the multi-day affair. Metro weighs in on the top five things she enjoyed about this year's folk fest.

LISA WILTON/FOR METRO

1 Discovering new bands

Artists like Petunia & The Vipers (below), Sam Lee and Puerto Candelaria may not be household names, but they put on some of the best performances of the festival.

2 Knee-slapping stories

The Talk Tent has been a highlight of Folk Fest for the past few years, and this year's lineup of Canadian comedians was no exception.

3 Stellar side stages

The morning and afternoon workshops featured mixes of mostly like-minded artists, who collaborated and improvised on each other's songs making for some interesting and entertaining moments.

5 Rain or shine, the show went on

Plenty of sun shone down on Prince's Island Park, but festival-goers and artists also dealt with rain, wind, chilly temperatures and thunderstorm warnings like champs.

4 Food Truck Alley

There was no shortage of delicious treats available on site. Even Joey Ryan of Saturday's mainstage act, The Milk Carton Kids, had a taste of what was offered. You can find more on his thoughts about Asian mini-doughnuts and bacon-topped poutine on the next page.

PHOTOS BY LISA WILTON/FOR METRO

Rhiannon Giddens performs on the main stage at the Calgary Folk Music Festival on Sunday. LISA WILTON/FOR METRO

Rain fails to dampen Folk Fest

MUSIC

More room keeps tarpie and anti-tarpie camps quiet

Lisa Wilton
For Metro | Calgary

Thunderstorm warnings and rain showers threatened to put a damper on the 2015 edition of the Calgary Folk Music Festival.

But rain wasn't going to stop the music that rang out from the festival's seven stages in Eau Claire Market and Prince's Island Park.

About 45,000 people took in four days of folk, world, blues, funk, roots, country and indie music, featuring such headliners as John Butler Trio, Father John Misty, Buffy Sainte-Marie and The Mavericks.

Although only Saturday night was a sell-out, attendance was still strong with roughly 11,500 people coming through the gates each day.

"I think in terms of capturing people's imaginations and getting people excited about discovering new artists, it's been a success," said artistic director Kerry Clarke.

"And there's the residual vibe in the city from people who go and talk to their friends, not to mention the artists and the audience they gain. It's always exciting to see 3,000 people in front of a stage watching an artist who might only play to 500 people in Calgary. It's hard to think of this thing as a downer."

In the past few years, an anti-tarp brigade complained about the amount of space used up in front of the mainstage by people who stake their spots early in the day with blankets and tarps.

But Clarke said she hasn't heard too much grumbling from the tarpie and anti-tarpie camps this year.

Part of the reason, she thinks, is the increased room in the dancing/standing-only area on stage right.

"I think the more frontage is great because it's been generally quite crowded in that area," she said.

"Last year, with the fairly vocal anti-tarpies, 75 per cent of people we surveyed liked our setup. This is the most egalitarian way we can think of to seat 12,000 people."

THE NUMBERS

45,000 – Festival attendance
1,800 – Volunteers
70 – Artists
83 – Age of the festival's oldest performer, Mississippi blues guitarist, Leo Bud Welch Sr.

FOLK FEST PROFILE

Joey Ryan walks and talks about the food

Musician and food-truck fan Joey Ryan of acoustic folk duo The Milk Carton Kids joined Metro on a culinary tour of food vendor alley at the Calgary Folk Music Festival.

This is just a sampling of what he had to say on a walk and talk (and eat).

Read the full interview at metronews.ca

Metro: What do you usually eat when you're at a festival?

JR: Just backstage food. But the food they give you back there is so much worse than the great food trucks in the city you're in at the time. I had the Indian food yesterday and it was great.

Metro: You walked around here yesterday. How is the food here comparable to other festivals you play?

JR: It's actually pretty comparable, but in a great way. I feel like the food trucks are kind of a thing now at festivals, so I try not to eat just what's given to us backstage. You get some really good samplings of the city's food trucks.

Metro: So, what was your favourite food tonight?

JR: I want to say those Korean doughnut things (from Taiko Taco), just because I didn't know what they would be like and they were so good. But that (poutine from The Spud Mobeel) was as good a poutine as I've ever had. The grilled cheese (Cheezy Bizness' Hot Mess sandwich) was too much for me. If this was midnight and we'd had a couple more beers, I'd be craving the Hot Mess, I think.

LISA WILTON/FOR METRO

TICKETS

The Milk Carton Kids return to Calgary on Oct. 10 for a show at Central United Church. Tickets on sale through TicketFly.

Canada's #1 seller of luggage

JULY 27 TO JULY 30, 2015

TRAVEL SMART

ERGONOMIC AND DURABLE

65% OFF

DELSEY

luggage collections

Featured: Helium Breeze Lite 18" and 25" spinners. Reg. $325 and $400
Sale $113.75 and $140

UP TO 70% OFF other luggage

See below for details.

HUDSON'S BAY

SHOP THEBAY.COM

Savings for all offers are off our regular prices, unless otherwise specified. Luggage: Selection varies by store, while quantities last; Excludes items with 99¢ price endings.

Artists collide at Rumble House

GALLERY

Event encourages creativity, relieves stress

Jeremy Simes
For Metro

Louise Ashby and Elysse Bailley like to blow off steam at the art rumbles. JEREMY SIMES/FOR METRO

Linda Graham discusses her abstract loon artwork with Rumble House co-founder Jessica Szabo. JEREMY SIMES/FOR METRO

Let's get ready to rumble.

Decked out with people form all walks of life and their creations, the Rumble House art gallery delivers a challenge many would think impossible — start and finish an art project in two hours.

The rules are simple: have fun, be respectful and create your best work. At the end of the two-hour crusade, artists have the option to auction their showpieces or keep them.

Even though Louise Ashby said she's no Picasso, the art rumbles are a place to blow off steam in the middle of a sometimes stressful week.

"It's quite fun," she said, while slapping a gob of pink paint on her canvas. "You meet a lot of cool people."

At the other end of the room, Linda Graham was turning a month-old chunk of driftwood into an abstract loon.

Unlike many art galleries in Calgary, Rumble House directly connects artists to viewers, essentially creating a more meaningful experience, she said.

"People often stop and talk me when I'm creating something here," Graham said. "I think art breaks down the barriers between people."

That was the goal the art gallery's co-founders Jessica Szabo and Rich Théroux — to initiate an inviting space for artists to collaborate with viewers and other artists in the city, said Szabo.

Szabo admitted she and Théroux — who are both Grade 7 art teachers — aren't as business savvy some would hope: their goal is to break even.

However, she said the space was never meant to generate profits.

"My hope for this place is that lots of people get to come through and experience something wonderful and meet someone," Szabo said.

"It's our circus," Théroux added. "If you find your way in, then it's a real experience."

ABM COLLEGE

EDUCATION THAT GETS YOU HIRED!

HEALTH CARE AIDE | MEDICAL OFFICE ASSISTANT & UNIT CLERK | PHARMACY ASSISTANT | NAIL TECHNICIAN
HAIRSTYLING | ESTHETICS | MASSAGE THERAPY | MAKE UP TECHNICIAN

and More!

- Government funding and scholarships available
- Career-focused training programs tailored to the demands of the marketplace.
- Flexible class timings
- Quality hands-on education

HELPING YOUR CAREER MOVE FORWARD
403-719-4300
www.abmcollege.com
3880-29 St. NE, Calgary AB

RECEPTIONIST/ SALES COORDINATOR

Reporting to the Administrative Specialist and Business Project Coordinator, Western Canada, the right candidate will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Calgary operation. As well as provide operational and executive support to the Sales Manager, Metro Calgary and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:

- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Assist in maintenance and control of the office budget
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Advertising Sales Bookings using a computer
- Direct Sales Support
- Completion of numerous reports daily, weekly, and monthly, pertaining to the sales team

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 29th, 2015. PLEASE QUOTE: "Receptionist/Sales Coordinator - Calgary" in the subject line. All submissions will be treated as confidential.

metro

Event captivates dog lovers

PETS

Pet-A-Palooza fun for both canines and their owners

Jeremy Simes
For Metro | Calgary

Countless pooches took to the streets of Éau Claire to have a ball at Pet-A-Palooza Sunday.

Crowds cheered, encouraged and laughed as many canines leaped — or almost leaped — great distances into a massive water tank at the DockDogs pavilion.

Wilson, a four-year-old pup, was a crowd favourite.

"(The dogs) love it," said Wilson's trainer Aaron Grant, head manager at Edson-based X-Treme AirDogs.

"They don't care if they're jumping in a river or pond. They just want to please their owner."

Grant, a dog-sports veteran, said he and his crew ultimately wanted to have fun and perform well at Pet-A-Palooza's DockDogs event.

"It's nice to see dogs like Rim, Rev, Rigs, Wilson and Drake all excel and do well in this," he said. "It's all about the bond between you and your dog."

Festival-goers and dog lovers Maureen Whitworth and Lindsay Perrault thought it was a rare yet worthwhile opportunity to check out the city's most dog-friendly event.

The best part was seeing the numerous playful pooches, Perrault said.

> **It's all about the bond between you and your dog.**
> Aaron Grant, dog-sport veteran

"I think it's great seeing them be happy and doing their dog thing."

In particular, Whitworth's pug "enjoyed the dog yogurt — a lot," Whitworth said with a laugh.

"It's just been a nice, pleasant outing."

Dog trainer Karin Chouimard and her pooch Drake were among those participating in the DockDogs competition at Pet-A-Palooza. JEREMY SIMES/FOR METRO

IN BRIEF

Trail closed due to bear

Valleyview Trail in Peter Lougheed Provincial Park has been closed due to a bear in the area, Alberta Park announced Sunday.

The section of trail from Elpoca Day Use to a point about one kilometre north of the Little Highwood Day Use Area is affected.

Access to the Gap Mountain scramble route remains accessible, however. METRO

House fire extinguished

The Calgary Fire Department responded to a house fire Sunday morning in the 100 block of Elgin Rise SE.

Crews were alerted at about 8 a.m. by a neighbour who saw smoke exiting the home from a second-storey window. The first arriving officer requested a second alarm, due to the large volume of smoke in close proximity of the other houses.

The home was vacant at the time of the fire and no injuries were reported. The fire was quickly brought under control.

Investigators are currently probing the cause of the fire. METRO

SIMMONS
MATTRESS GALLERY
SPECIAL PRICE
EXCLUSIVELY AT SIMMONS MATTRESS GALLERY
SIMMONS
TURN ANY ROOM INTO A Guest room
SLEEP CHEST CABINET
A SOPHISTICATED BED IN A VERY SMALL PACKAGE… USE IT IN YOUR HOME OFFICE, SEWING ROOM, LIVING ROOM – IT DOESN'T MATTER WHERE YOU PUT IT. IT WILL SQUEEZE INTO ANY TIGHT SPACE AND LOOKS FANTASTIC !
7145 11TH ST. SOUTH EAST CALGARY | 403.319.0099 | AGOODNIGHTSLEEP.COM
FOLLOW US!

LEGO THE FORCE IS STRONG WITH THIS ONE... Above: Lego Master Builder Paul Chrzan puts the finishing touches on an eight-foot-tall Yoda at Polo Park Shopping Centre in Winnipeg Sunday afternoon while a smaller Yoda statue watches on. Hundreds of kids, big and small, constructed "bricks" of Lego for Chrzan to use to put together the statue of the Jedi Master. Below: Chrzan holds up the smaller Yoda. ELISHA DACEY/METRO WINNIPEG

'Uncertainty' worries Fahmy

EGYPT

Journalist waits on Cairo court to hear terror verdict

Canadian Al-Jazeera English journalist Mohammed Fahmy listens to his lawyer Khaled Abou Bakr during his retrial in Cairo prison courtroom June 1. AMR NABIL/THE CANADIAN PRESS

Mohamed Fahmy's long-running legal battle is about to hit its climax.

A Cairo court is expected to deliver a verdict Thursday for the Canadian journalist being tried on widely denounced terror charges.

As the day approaches, Fahmy is hoping for the best, but bracing for the worst.

"In order to survive I have to think positively," he told The Canadian Press. "But the uncertainty is just horrible."

Fahmy was the Cairo bureau chief for Qatar-based satellite news broadcaster Al Jazeera English when he and two colleagues were arrested in December 2013.

They were charged with a slew of offences, including supporting the Islamist Muslim Brotherhood, a banned organization affiliated with ousted Egyptian president Mohamed Morsi, and with fabricating footage to undermine the country's national security.

The trio maintained their innocence, but after a trial which was internationally decried as a sham, they were convicted and sentenced to prison terms. A successful appeal resulted in a retrial which is set to end this week.

Fahmy, who was granted bail in February after more than a year in prison, is hoping for a verdict that won't send him back to prison, but notes his case is complicated.

"As much as we know we are completely innocent, we also know this trial is politicized and that factors other than evidence are going to be game changers," he said. "I am a pawn in Egypt and Qatar's rift."

Egypt and Qatar have had tense relations since 2013, when the Egyptian military ousted Morsi amid massive protests. Qatar is a strong backer of Morsi's Muslim Brotherhood and Cairo accuses the state-owned Al Jazeera of being a mouthpiece for Morsi's supporters — charges denied by the broadcaster.

Fahmy said there are a number of possible outcomes for him — incarceration, a suspended sentence, a sentence that credits him for time already spent in prison, or a not-guilty finding, though he said "it would be naive" to expect one.

In his favour, a technical committee tasked with examining work by him and his colleagues found there had been no fabrication in their reporting. Fahmy also hopes his legal team convinced the judge that he and his colleagues had nothing to do with the Muslim Brotherhood.

But evidence that Al Jazeera didn't have the necessary licences for its journalists in Egypt — something which led Fahmy to launch a lawsuit against the broadcaster — is extremely worrisome, he said.

"I explained to the judge that we had no clue," Fahmy said. "I told the judge he should separate between the responsibilities of the journalists and the responsibilities of the network."

Buoying Fahmy's hopes, however, is a sense the Canadian government is in his corner.

"I feel that the Canadian government and my lawyers this time around have a very solid plan and strategy," he said, adding that Ottawa has agreed to endorse a deportation request and a pardon request prepared by his lawyers in case he's ordered back to prison. THE CANADIAN PRESS

> **"As much as we know we are completely innocent, we also know this trial is politicized and that factors other than evidence are going to be game changers.**
> Canadian journalist Mohamed Fahmy

FLORA MACDONALD

Trailblazing cabinet minister dead at 89

Flora MacDonald, who served as a senior cabinet member in two Progressive Conservative federal governments and made a run for the party's leadership in 1976, has died. She was 89.

MacDonald's long-time executive assistant Margit Herrman says MacDonald died in Ottawa Sunday morning. Cause of death was not immediately available.

MacDonald was the first woman to hold the foreign affairs portfolio, during Joe Clark's short-lived government in 1979 and early 1980. She was born in 1926 in Cape Breton, Nova Scotia.

She was first elected to the House of Commons in 1972, after successfully running as the Progressive Conservative candidate in the Ontario riding of Kingston and the Islands. She held the riding until her defeat in 1988.

MacDonald also held the posts of Minister of Employment and Immigration and later Minister of Communications in the government of Brian Mulroney.

THE CANADIAN PRESS

IN BRIEF

Conservative war chests

A riding association with a lot of savings will have a big advantage during what is expected to be an extra-long election campaign this year. Here are the top 10 richest Conservative riding associations based on financial returns filed this month to Elections Canada:

- Calgary Southwest (MP: Stephen Harper): $444,373.15
- Calgary Midnapore (Jason Kenney): $311,357.41
- St. Catharines (Rick Dykstra): $305,078.66
- Lanark-Frontenac-Kingston (Scott Reid): $295,985.39
- Port Moody-Westwood-Port Coquitlam (James Moore*): $283,752.95
- Ottawa West-Nepean (John Baird*): $236,356.62
- Eglinton-Lawrence (Joe Oliver): $214,135.59
- Stormont-Dundas-South Glengarry (Guy Lauzon): $212,261.52

Any candidate marked with an * has resigned or is not seeking re-election.

THE CANADIAN PRESS

BAFFIN ISLAND

Officials hopeful in lost pilot search

Search and rescue officials are still hopeful a helicopter missing near Baffin Island may be found, says a spokesman for Joint Task Force Atlantic.

"There is a lot of ice pans up North, so he may have been able to land there but didn't have the power to communicate back to us," said Derek Prescott, a search and rescue navigator on board the Hercules aircraft involved in the search.

"So there is still a chance that we may find him."

The small Robinson R22 two seater helicopter went missing Saturday afternoon over the Davis Strait while flying from Iqaluit to Nuuk, Greenland.

The pilot, whom Prescott said is a Russian citizen, was flying solo.

"He had a GPS that was providing updates, and that's how we knew that it seems there was an issue," Prescott said. "There were no updates coming in." THE CANADIAN PRESS

Language Immersion Camp instructor Jason Parenteau (centre) helps out Holly Monkman (left) and Dawnis Kennedy as they learn the Ojibwe language. DAVE BAXTER/METRO NEWS

Passing on a language

CULTURE

Trailblazing program offers new way to teach Ojibwe

Dave Baxter
Metro | Winnipeg

For Dawnis Kennedy, learning to speak Ojibwe is about much more than just learning a language.

"I want to be who I was born to be," said Kennedy, 38, of Ojibwe decent.

"And without the language how do I understand that and see that?"

Kennedy spent last week taking part in the Language Immersion Camp at the University of Winnipeg's Wii Chiiwaakanak Learning Centre.

The week-long program taught Ojibwe language skills in a classroom, but also had participants go out and do activities while speaking the language.

Kennedy's grandparents spoke the language when she was a kid, but she didn't learn it well enough to speak it, which was difficult for her.

"I'd stay up at night and listen to them speak the language, and I loved the sound of it, and dreamed of being able to speak it.

"This is a way to bring full meaning to my life, and bring me even closer to my culture."

Wii Chiiwaakanak Learning Centre manager Jarita Greyeyes believes the program broke new ground.

"This is the first time we know of an adult Ojibwe immersion program offered in an urban setting," said Greyeyes, who said people came from all over Manitoba and even from the U.S. to take part.

The program saw participants do things such as jiu jitsu and yoga classes, and learn about plants and animals at Assiniboine Park, all while speaking the language.

"We learn the language, but then we go out and we use it," said Greyeyes.

> **This is a way to bring full meaning to my life, and bring me even closer to my culture.**
> Dawnis Kennedy

Greyeyes is also encouraged that young people participated, because she said it's important for youth to know the language as a way to keep it alive for future generations.

The program was offered for free, thanks to funding from the Dr. Tobasonakwut Kinew Fund for the promotion of Indigenous Culture, History and Language, as well as the Department of Canadian Heritage.

NOVA SCOTIA

Weapon incidents up in group homes

Government records show weapons incidents ranging from possession of pellet guns to knife threats have been rising in Nova Scotia's youth group homes, prompting childrens' advocates to urge improved access to mental health care and increased staffing.

There were 34 incidents involving weapons in 2014, up from 25 in 2013 and 19 in 2012, according to serious occurrence reports obtained under Freedom of Information legislation.

The records also say there were 24 cases of serious injuries of children in care — seven instances due to fights — since Jan. 1, 2012, though the province says none led to hospitalization.

Provincial officials say the figures include mostly minor incidents, and one private home operator says they shouldn't be taken as a reflection on the nature of kids in care.

"There is absolutely a certain percentage of children who have experienced a level of trauma, neglect and abuse within their family that has been unbelievable ... For them, to have a weapon is more for protection than an opportunity to harm somebody," said Ernie Hilton, director of the non-profit Homebridge group.

34

The number of incidents involving weapons in Nova Scotia youth group homes in 2014.

Hilton said youth workers are constantly training to improve their care of the children and to de-escalate violence.

The 18 residential centres covered in the records care for about 150 of the province's children, from 10 years old to older teens. THE CANADIAN PRESS

TOP DOLLAR FOR TRADES! YES WE CAN FINANCE EVERYONE! 100% FINANCING AVAILABLE!
JULY 14 - JULY 31, 2015
TRADE IN TRADE UP
SUMMER CLEARANCE EVENT
ONLY 1500 KM!
Jeep
RAM
$294/BW
2015 RAM 1500 SPORT CREW CAB 4X4
MSRP $60,465
NOW ONLY $47,888
$198/BW
2015 JEEP GRAND CHEROKEE LAREDO 4X4
MSRP $40,860
NOW ONLY $31,888
$159/BW
2014 DODGE GRAND CARAVAN SXT
MSRP $40,685
NOW ONLY $22,888
YOUR DESTINATION FOR THE LARGEST SELECTION IN CALGARY!
2014 DODGE DURANGO LIMITED AWD
$246/BW or $39,995
2013 CHRYSLER TOWN & COUNTRY
WOW
$112/BW or $15,888
2014 DODGE CHARGER SXT AWD
$186/BW or $29,998
MSRP $40,780
2014 RAM 1500 SLT QUAD CAB 4X4
ECO DIESEL
$237/BW or $39,995
2014 JEEP GRAND CHEROKEE LTD 4X4
$237/BW or $39,995
2014 CHRYSLER 300S
$174/BW or $27,995
RENFREW 80 Years
YOUR DOWNTOWN CHRYSLER CONNECTION
RENFREWCHRYSLER.COM
1.888.861.7964
1920 PUMPHOUSE RD SW
Pricing does not include GST. Vehicles may not be exactly as shown. $0 Down, 5.99% interest rate, OAC. Qualifications 2014 & 2015 – 96 mths, 2012 & 2013 – 84 mths, 2010 & 2011 – 72 mths, 2007 to 2009 – 60 mths, #11230 OAC (4.99%, 96 MONTHS. COB $6571 AND TOB $37302. See Dealer for details. $10,000. **Stk# 1417644 2011 Grand Caravan. 5.99% for 60mths, COB-$1784.29, TOB-$13044.20. Monthly payments based on the following eg. Stk# 11370 2014 Chrysler 200 LTD COB $5337.81, TOB $34,066.76 at 4.99% for 96 months. OAC

An overhead view of Roald Amundsen's last ship, the Maud, which has been called "one of the strongest ships ever of wooden construction." The Maud will be lifted off the seabed this week in preparation for her final voyage to Norway. ANGSAR WALK/HANDOUT/THE CANADIAN PRESS

Decades-old ship to rise again

NUNAVUT

Norwegian hero's vessel to return home 85 years later

The tough oaken vessel that took famed explorer Roald Amundsen on his second Arctic voyage is about to rise again.

After four years of negotiation and preparation, a Norwegian team expects to refloat the Maud this week, 85 years after she was scuttled in shallow waters off the coast of Nunavut.

"We're quite confident," said Jan Wanggaard, who's heading the crew hoping to return the last ship of a Norwegian national hero to its homeland.

The Maud was built in 1917 in Vollen for Amundsen, the first man to reach the South Pole. He also made groundbreaking expeditions in the Canadian Arctic, including the first successful transit of the Northwest Passage.

Amundsen intended to use the specially strengthened Maud to drift across the North Pole while frozen into moving sea ice. After two failed attempts, she was sold to the Hudson's Bay Co. in 1925.

Three years later, the ship sank while moored in shallow water just off Cambridge Bay. Parts of the hull still protrude above the waves.

Since June, Wanggaard and his colleagues have been slipping ropes and straps under the Maud's 40-metre hull. Sometime this week, they'll attach flotation balloons to the ropes and gently ease the vessel off the sea floor.

> **This boat was built as one of the strongest ships ever of wooden construction ... it was made to take the pressure from the ice.**
> Jan Waangard, leader of the team hoping to recover the Maud

The Maud can take it, said Wanggaard.

"This boat was built as one of the strongest ships ever of wooden construction," he said. "It was made to take the pressure from the ice."

Once the Maud is afloat, the team will sink a barge it has brought from Norway and position it beneath the hull. Flotation tanks in the barge will be reinflated, and the barge will hoist the old vessel right out of the water.

There's little left to her. Although she originally sported both sails and a then-innovative diesel engine, she was stripped long ago.

The barge, with the Maud strapped on top, will probably spend one more winter in Cambridge Bay, drying out and solidifying for the long journey back to Norway.

"On the technical side, it's quite basic," Wanggaard said.

But there's nothing basic about Amundsen's stature back home. Norway had just split from Sweden in 1905 and the explorer's exploits in harsh polar seas gave his countrymen a hero just when they needed one, said Wanggaard.

"Amundsen was a special man. We were a completely new nation and he was one of the key figures building the national identity or the pride of being a nation." THE CANADIAN PRESS

STRUGGLE

Maud recovery required deft politicking

Recovery of the Maud may be a "basic" operation, but for the Norwegian team looking to do so, the politics surrounding those efforts have been anything but.

The Norwegian efforts initially met resistance from the people of Cambridge Bay, who thought the ship should stay where she was.

After that resistance was overcome, the Canadian government would not give the group's members an export permit, even though they have legal title to the hulk.

They finally got the permit by default when no Canadians presented a salvage plan.

KINGS'
CHRISTIAN CENTRE
Looking for a church whose focus is on intimacy with God, family, worship, a strong prayer and a deep bible teaching? Then, look no further! We are a dynamic, Holy Spirit-driven Word-based church where everyone is welcome and celebrated! We also have a vibrant children's church.
JOIN US EVERY SUNDAY AT 10AM
Scenic Acres Community Centre, 8825 Scurfield Drive NW
Learn more about us at KCCCalgary.com
For inquires, please call 403.273.3600

U.S. President Barack Obama delivers a speech — in front of American and Kenyan flags — at the Safaricom Indoor Arena in the Kasarani area of Nairobi, Kenya, on Sunday. Obama will become the first sitting U.S. president to visit Kenya and Ethiopia. BEN CURTIS/THE ASSOCIATED PRESS

Obama lends hope to Kenya

HUMAN RIGHTS

President urges 'tough choices' to combat risk of corruption

Declaring Kenya at a "crossroads" between promise and peril, President Barack Obama on Sunday pressed the nation of his father's birth to root out corruption, treat women and minorities as equal citizens and take responsibility for its future.

Closing his historic visit with an address to the Kenyan people, Obama traced the arc of the country's evolution from colonialism to independence, as well as his own family's history there. Today, Obama said, young Kenyans are no longer constrained by the limited options of his grandfather, a cook for the country's former British rulers, or his father, who left to seek an education in America.

"Because of Kenya's progress — because of your potential — you can build your future right here, right now," Obama told the crowd of 4,500 packed into a sports arena in the capital of Nairobi. But he bluntly warned that Kenya must make "tough choices" to bolster its fragile democracy and fast-growing economy.

Obama spent considerable time warning about the risks of government corruption, calling it an "anchor" that could weigh down the country's promising future.

"Too often here in Kenya corruption is tolerated because that's how it's always been done," he said. "Here in Kenya, it's time to change habits."

Kenyan President Uhuru Kenyatta has taken steps to tackle corruption by suspending four Cabinet secretaries and 16 other senior officials amid an investigation into allegations of dishonesty. But the action has been met with skepticism by the public because in the past, suspensions of senior officials haven't resulted in anyone being convicted of a crime. Some officials even returned to their jobs before investigations were complete.

> **Here in Kenya, it's time to change habits.**
> President Barack Obama

Obama urged an end to old tribal and ethnic divisions that are "doomed to tear our country apart" and spent significant time imploring Kenyans to respect the rights of women and girls, saying that marginalizing half of a country's population is "stupid." He also called for an end to forced marriages for girls who should otherwise be attending school.

"These traditions may date back centuries. They have no place in the 21st century," he said. THE ASSOCIATED PRESS

Bobbi Kristina Brown dead, family confirms

A representative for the Houston family has said Bobbi Kristina Brown, daughter of the late entertainer Whitney Houston and R&B singer Bobby Brown, has died, about seven months after she was found face-down and unresponsive in a bathtub. She was 22 years old.

Kristen Foster said Sunday, "Bobbi Kristina Brown passed away July, 26 2015, surrounded by her family. She is finally at peace in the arms of God.

"We want to again thank everyone for their tremendous amount of love and support during these last few months."

Police said she was found Jan. 31 in the suburban Atlanta townhome she shared with Nick Gordon, the man she called her husband. A police report described it as a "drowning." THE ASSOCIATED PRESS

IN BRIEF

Tracking app puts security of Prince Williams at risk

A British newspaper said it has uncovered a major royal security breach by using an inexpensive app to track Prince William's air rescue ambulance while it is in the air.

The Mail on Sunday said the 2.99 pound ($4.65) app allowed it to keep close track of William as he flew in his capacity as a private pilot with East Anglian Air Ambulance in eastern England.

It said the app allowed its journalists to pinpoint where William was planning to land the air ambulance helicopter.

It published photos appearing to show William's helicopter landing and of the prince himself talking to colleagues on the ground.

For a small extra fee, the Mail on Sunday said, users can receive a text alert every time the helicopter William uses takes off on a mission. THE ASSOCIATED PRESS

ONE OF CALGARY'S LARGEST VOLUME TOYOTA CERTIFIED USED VEHICLE DEALERS

STAMPEDE TOYOTA PRE-OWNED SUPERSTORE

TOYOTA Certified USED VEHICLES ONCE A TOYOTA, ALWAYS A TOYOTA

SHOP 24/7 ONLINE

2TOYOTA.COM

FINANCING FROM 1.9%

2013 TOYOTA HIGHLANDER HYBRID 4WD — 3 TO CHOOSE FROM! — LOW MILEAGE!!! GREAT ON FUEL!!! ONLY 34,000KM'S — STK 6579A — WAS $39,000 — NOW JUST $36,000

2013 TOYOTA 4RUNNER LIMITED — 4 TO CHOOSE FROM! — LOADED W/NAVI, 7 PASSENGER!!! ONLY 31,000KM'S — STK 6575A — WAS $49,000 — NOW JUST $46,000

2012 TOYOTA 4RUNNER LIMITED — 4 TO CHOOSE FROM! — LOADED W/NAVI, 7 PASSENGER!!! ONLY 69,000KM'S — STK 6574A — WAS $44,000 — NOW JUST $41,000

2007 TOYOTA FJ CRUISER — OFF ROAD!!! 142,000KM'S — STK 6553A — WAS $21,000 — NOW JUST $17,000

2010 TOYOTA VENZA V6 AWD — 3 TO CHOOSE FROM! — PANORAMIC SUNROOF!!! ONLY 69,000KM'S — STK 6552A — WAS $25,000 — NOW JUST $22,000

2014 TOYOTA YARIS LE — 5 TO CHOOSE FROM! — LIKE NEW!!! 38,000KM'S — STK 6491A — WAS $20,000 — NOW JUST $14,500

2013 TOYOTA COROLLA CE — 3 TO CHOOSE FROM! — NICE CLEAN CAR!!! ONLY 44,000KM'S — STK 6501B — WAS $19,000 — NOW JUST $14,000

2014 TOYOTA CAMRY LE — 2 TO CHOOSE FROM! — NICE, CLEAN CAR!!! 49,000KM'S — STK 6546A — WAS $21,000 — NOW JUST $18,000

MANAGER'S WEEKLY SPECIALS

2011 TOYOTA TUNDRA SR5 5.7L CREWMAX — 6 TO CHOOSE FROM! — NICE CLEAN TRUCK!!! ONLY 71,000KM'S — STK 6572A — WAS $34,000 — NOW JUST $31,000

2011 TOYOTA TUNDRA SR5 5.7L DBL CAB — 6 TO CHOOSE FROM! — PRICED TO SELL!!! ONLY 93,000KM'S — STK6549A — WAS $28,000 — NOW JUST $25,000

2011 LEXUS RX350 TOURING — 6 TO CHOOSE FROM! — LOADED W/ NAVIGATION!!! 123,000KM'S — STK 6571A — WAS $31,000 — NOW JUST $27,000

2012 TOYOTA HIGHLANDER LIMITED 4WD — 3 TO CHOOSE FROM! — LOW MILEAGE!!! LOADED W NAVIGATION!!! ONLY 40,000KM'S — STK 6549A — WAS $39,000 — NOW JUST $36,000

STAMPEDE TOYOTA SALES HOTLINE 403.291.2111

DEERFOOT TRAIL | BARLOW TRANS CANADA

GET PRE-APPROVED IN 60 SECONDS

STAMPEDEAPPROVED.com

WE'RE SERIOUS ABOUT EARNING YOUR BUSINESS AND WE'LL PROVE IT

Saudi-led airstrikes halt after ceasefire

YEMEN

Five-day humanitarian truce in effect to deliver aid

Saudi-led coalition airstrikes came to a halt in Yemen early Monday after a five-day humanitarian truce went into effect, witnesses and security officials said.

However, ground fighting broke out almost immediately in the restive city of Taiz following random shelling by Shiite Houthi rebels in three neighbourhoods, they said.

Security officials said ground fighting has also erupted in Marib province and in the area surrounding the strategic al-Anad military base in Lahj province.

Fighting in the southern port city of Aden has quieted, residents said, with an occasional volley of gunfire heard in the area immediately after the ceasefire took effect.

Shiite rebels known as Houthis hold up their weapons as they chant slogans during a rally against recent Saudi-led airstrikes in Sanaa, Yemen. HANI MOHAMMED/THE ASSOCIATED PRESS

The Saudi-led and U.S.-backed coalition of mainly Gulf Arab countries has been waging an air campaign since March against the Iran-supported rebels, who control most of northern Yemen and the capital, Sanaa.

The pause declared by the Saudi-led coalition began at 11:59 p.m. Sunday. It is intended to help allow humanitarian aid in to ease the suffering of civilians in the Arab world's poorest country.

The coalition made the unexpected announcement about the humanitarian pause on Saturday. The statement, carried on Saudi state media, said the coalition will cease military operations but that it will respond should Houthi rebels or their allies conduct any military actions or movements.

The rebels, known as Houthis, have expressed doubt over the truce. One Houthi official said it will likely mark "the beginning of a new war." Mohammed Ali Al-Houthi, the head of the Houthi's Revolutionary Council, said Sunday that the group had not received official notification of the truce from the United Nations.

UN Secretary-General Ban Ki-moon welcomed the coalition's announcement of the ceasefire and urged the Houthis and other parties to suspend military operations and "maintain the humanitarian pause for the sake of all the Yemeni people," Ban's spokesman said. Ban also urged all sides "to facilitate the delivery of humanitarian assistance to all parts of Yemen."

THE ASSOCIATED PRESS

EAST JAVA

Undersea quake hits off Indonesia

A strong earthquake hit off of Indonesia's main island of Java on Sunday afternoon, causing residents to pour into the streets, but there were no immediate reports of injuries or damage, and no tsunami warning was issued.

The U.S. Geological Survey said the magnitude-6.0 undersea quake was centred 93 kilometres south of the East Java province town of Krajan Tambakrejo, at a depth of 59 kilometres.

Indonesia's Meteorology, Climatology and Geophysics Agency said on its website that the quake had no potential to trigger a tsunami.

Residents in parts of East Java felt the quake for up to six seconds, the National Disaster Mitigation Agency said in a statement.

Local media reports said the quake was felt strongly in the East Java city of Malang, about 150 kilometres north of the epicentre, where some residents poured into the streets.

It also was reportedly felt on the resort island of Bali, which is just east of Java.

Indonesia is prone to earthquakes due to its location in the Pacific. A massive earthquake off Sumatra island in 2004 triggered a tsunami that killed 230,000 people in a dozen countries, mostly in Indonesia's Aceh province.

THE ASSOCIATED PRESS

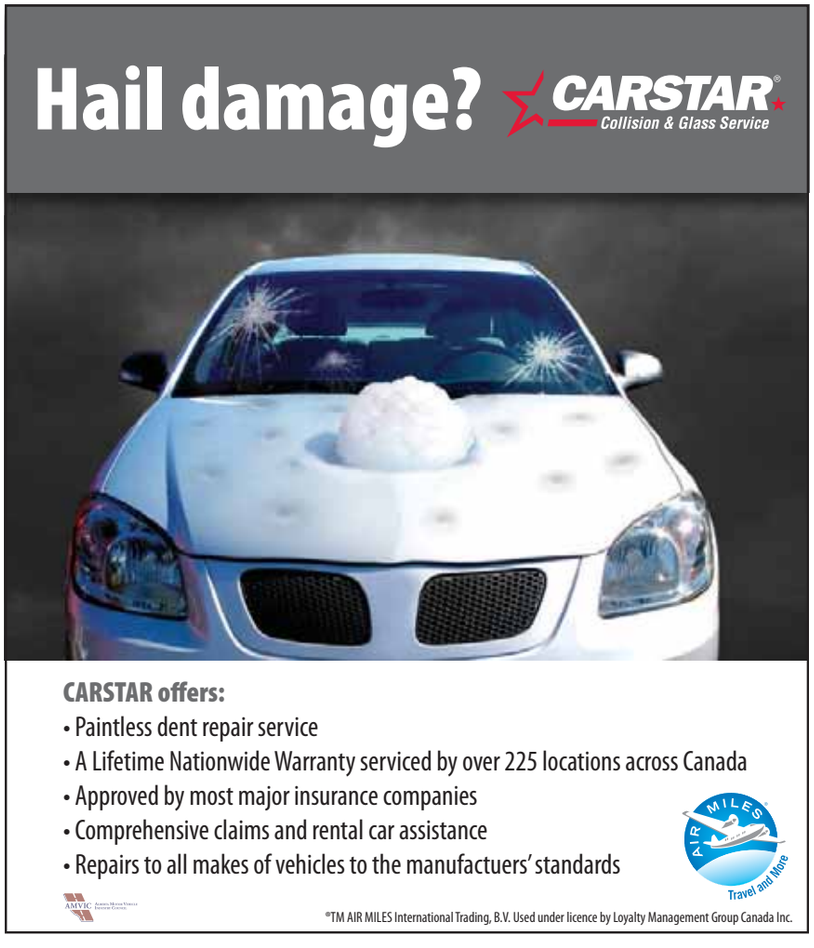
IN BRIEF

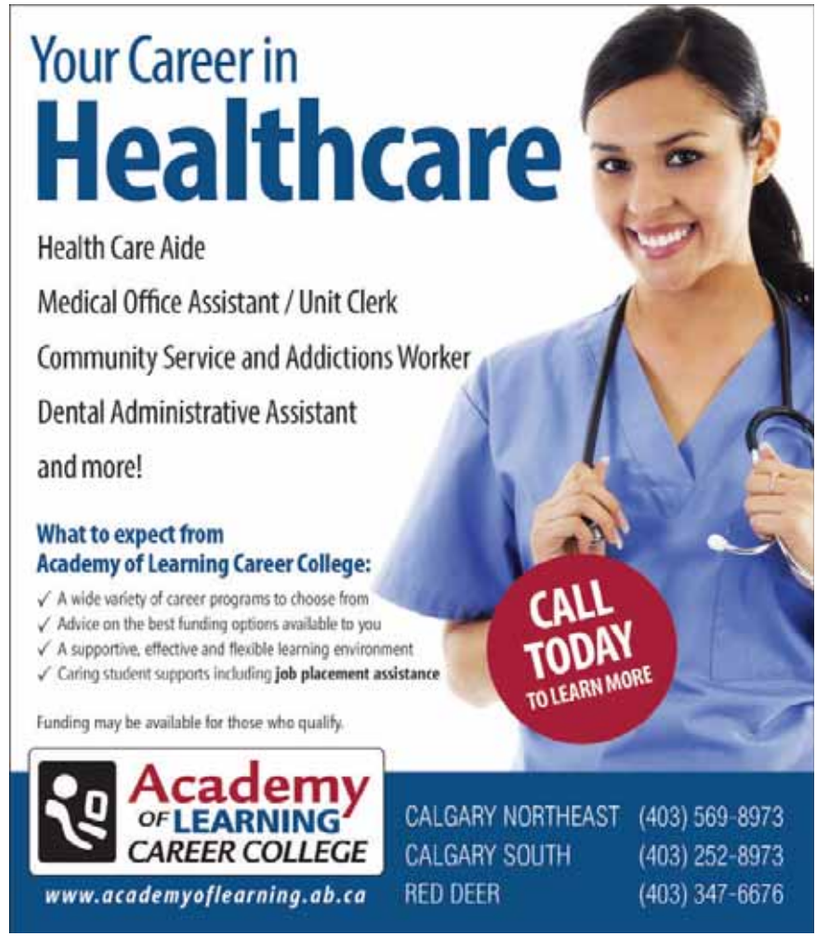
Hundreds attend mass to protest Satanic statue

Several hundred people attended mass at a Detroit Catholic church over the weekend to protest an 8.5-foot-tall bronze statue of the deity Baphomet that hundreds also lined up to see.

The Satanic Temple said it would unveil the statue Saturday at a Detroit location that only people with tickets would know. Hundreds lined up Saturday evening to get the tickets as Christian protesters rallied nearby.

THE ASSOCIATED PRESS


Hail damage?
CARSTAR
Collision & Glass Service
CARSTAR offers:
• Paintless dent repair service
• A Lifetime Nationwide Warranty serviced by over 225 locations across Canada
• Approved by most major insurance companies
• Comprehensive claims and rental car assistance
• Repairs to all makes of vehicles to the manufactuers' standards
AIR MILES Travel and More
*TM AIR MILES International Trading, B.V. Used under licence by Loyalty Management Group Canada Inc.


Your Career in
Healthcare
Health Care Aide
Medical Office Assistant / Unit Clerk
Community Service and Addictions Worker
Dental Administrative Assistant
and more!
What to expect from
Academy of Learning Career College:
✓ A wide variety of career programs to choose from
✓ Advice on the best funding options available to you
✓ A supportive, effective and flexible learning environment
✓ Caring student supports including job placement assistance
Funding may be available for those who qualify.
CALL TODAY TO LEARN MORE
Academy OF LEARNING CAREER COLLEGE
www.academyoflearning.ab.ca
CALGARY NORTHEAST (403) 569-8973
CALGARY SOUTH (403) 252-8973
RED DEER (403) 347-6676

Carton Thornhill and Stephanie Guidroz hang Stars of Hope on the Grand 16 theatre sign to honour the victims of a deadly shooting at the venue. BRYNN ANDERSON/THE ASSOCIATED PRESS

Shooter got gun despite court order

LOUISIANA SHOOTING

Man was not in database even with record of mental illness

John Russell Houser was deeply troubled long before he shot 11 people in a movie theatre in Louisiana, but decades of mental problems didn't keep him from buying the handgun he used.

Despite public signs of mental illness — most importantly, a Georgia judge's order in 2008 committing him to mental-health treatment against his will due to him being a danger to himself and others — Houser was able to walk into an Alabama shop six years later and buy a .40-calibre handgun. It was the same weapon Houser used to kill two people and then himself at a Thursday showing of Trainwreck.

Court records strongly suggest Houser should have been reported to the state and federal databases used to keep people with serious mental illnesses from buying firearms, legal experts said.

In 2008, Houser's family accused him of threatening behaviour, warning authorities that he had a history of bipolar disorder and was making ominous statements. His wife removed his guns, and the family persuaded a judge to issue a protective order keeping him away once he left the hospital.

This March, Kellie Houser filed for divorce, saying their relationship was irretrievably broken and John Russell Houser's whereabouts were unknown. He called her the next week, threatening her again, she wrote in a court document.

Then she got a call from Houser's mother, saying he had threatened to kill himself outside his mother's retirement community if she didn't give him money. She wrote that she urged the mother to seek to have him hospitalized again. Instead, police said, the woman gave her son $5,000 US.

THE ASSOCIATED PRESS

IN BRIEF

Inflamed county has a history of racial tension

The Texas county where a black woman died in jail after a traffic stop by a white state trooper has a long history of racial strife.

Sandra Bland's death ignited long-simmering passions in Waller County. The county seat of Hempstead was once known as "Six Shooter Junction" because of white-supremacist violence in the 1800s. District Attorney Elton Mathis says he understands how people from outside would jump to the conclusion that Bland was killed rather than killed herself.

THE ASSOCIATED PRESS

JAPAN

Small plane crashes into Tokyo houses

A small plane crashed into a quiet neighbourhood in Tokyo on Sunday, killing the pilot, a passenger and a woman on the ground, while three people were pulled alive from the wreckage, firefighters and TV news reported.

The single-engine propeller plane plowed into and set ablaze a row of houses just minutes after takeoff from an airport for small aircraft about 500 metres away in Tokyo's western suburb of Chofu.

Television footage showed a mangled plane, broken up with its tail upside down, resting on a crushed car as dozens of firefighters battled the blaze and treated the wounded. The roofs of the two houses next to the site were also damaged.

> **"I saw the house ... on fire, with a tail of the plane sticking out of it.**
> Minako Akiyama, resident

Tokyo Fire Department spokesman Teruaki Seki said the dead included the pilot, one of the four passengers and a woman who was inside the house the plane crashed into. Five others, including the three remaining passengers and two people on the ground, were taken to hospitals, but their conditions were not known.

Minako Akiyama, a resident in the neighbourhood, said she first heard an enormous noise of something being torn.

"There was 'kaboom!' I ran upstairs, then I saw the house just over there on fire, with a tail of the plane sticking out of it."

THE ASSOCIATED PRESS

DRIVERZ AUTO
www.driverzauto.com
SIZZLING SAVINGS ON EVERY VEHICLE!
HOT OFF THE GRILL PRICING
DOMESTIC, IMPORTS, CONVERTIBLES AND EXOTIC SPORTSCARS
NO CREDIT, BAD CREDIT, NO PROBLEM!
LOCATED ACROSS FROM THE CALGARY FARMERS' MARKET.
#7, 625 77 AVENUE S.E.
(403) 764-2886 - WWW.DRIVERZAUTO.COM
VISIT US TODAY!
Build Your Credit Score
STK# B10002A
2009 LINCOLN MKX
OWN IT FOR $18,990+GST
STK# R10080
2012 HONDA CIVIC LX
OWN IT FOR $13,990+GST
STK# P10093A
2012 BMW 650i
OWN IT FOR $66,900+GST
STK# P10088
2010 DODGE RAM 1500 SPORT
OWN IT FOR $25,990+GST
2012 JEEP COMPASS LIMITED
OWN IT FOR $18,995+GST
2009 VOLKSWAGEN PASSAT
OWN IT FOR $14,990+GST
2011 SAAB 9-5
OWN IT FOR $24,990+GST
2005 BMW X5 4.4i
OWN IT FOR $12,990+GST
AMVIC
PLEASE READ: All offers OAC. All offers include fees and taxes but exclude GST. Inventory accurate at time of publication. Vehicles depicted may not be exactly as shows. Conditions may apply. Prior sales not eligible. Limited time offers. See dealer for full details.
WOOD AUTOMOTIVE GROUP

Insurance coverage for pot on horizon: Experts

HEALTH

Sale of medical cannabis in gel caps could get docs on board

Canadians who have been prescribed medical marijuana could one day see their insurance company footing the bill, experts predict, following the introduction of new Health Canada rules that allow for the sale of cannabis oils.

Health Canada announced revamped medical marijuana regulations earlier this month after the Supreme Court of Canada ruled that users of the drug should be permitted to consume it in other forms, such as oils and edibles, rather than having to smoke dried buds.

"You're going to see insurance companies slowly start to creep into the sector," says Khurram Malik, an analyst at Jacob Securities Inc., noting that the new regulations will allow medical marijuana producers to sell gel caps similar to those made from cod liver oil.

That will allow for more precise dosing, Malik says.

A variety of the cannabis oil available to customers is shown at the Cannabis Buyers Club, in Victoria, B.C. Canadians who have been prescribed medical marijuana could one day see their insurance company footing the bill, experts predict. CHAD HIPOLITO/THE CANADIAN PRESS

"When you're trying to smoke a plant, you have no idea how much you're consuming, so that makes doctors a little nervous," he said.

Experts say the changes are a major step towards legitimizing the drug in the eyes of doctors and insurers.

"When something doesn't look different than other medicines, it becomes much easier for people to get comfortable with the idea that this is, in fact, a possible treatment option for patients," says Bruce Linton, the chief executive of Smiths Falls, Ont.-based Tweed Marijuana Inc.

However, medical marijuana producers still have one major hurdle to overcome before insurers begin routinely funding the drug — cannabis currently doesn't have a drug identification number, known as a DIN.

"If it was issued a DIN by Health Canada, it's quite likely that the insurance companies would cover it," says Wendy Hope, a spokeswoman for the Canadian Life and Health Insurance Association Inc.

As it stands, most insurance companies don't routinely cover medical marijuana. But some insurers, including Manulife, say they will consider making an exception if the employer has specifically requested it for one of its employees.

"It's up to the employer to ask if they want to have it covered," says Hope.

Earlier this year, Sun Life agreed to pay for a University of Waterloo student's medical marijuana prescription through his student health plan after the student union went to bat for him. Jonathan Zaid, 22, uses the drug to combat a syndrome called new daily persistent headache.

Some health insurance companies may pay for medical marijuana through a health spending account, says Hope. But, she adds, "my understanding is it doesn't happen often."

Malik says the primary reason why medical marijuana doesn't have a DIN is a lack of rigorous, clinical research on its efficacy. "The evidence is very circumstantial — not your typical 10-year, double-blind study that doctors and big pharmaceutical companies like to see," Malik said.

THE CANADIAN PRESS

SMARTPHONES

Samsung keeps top spot in growing global market

Samsung remained the top global smartphone vendor in the second quarter despite slowing sales, while Apple and Chinese manufacturers boosted market share, a quarterly survey by research firm IDC suggested.

The survey showed the global market for smartphones grew 11.6 per cent from a year ago to 337.2 million units, the second highest quarterly total on record.

South Korea's Samsung led the market with a 21.7 per cent market share, even though sales dipped from a year earlier and its market share was below the 24.8 per cent in the same period a year ago. Apple, which briefly took the lead in the fourth quarter of 2014 with its new iPhones, saw its market share rise more than two points from a year earlier to 14.1 per cent, IDC said.

But some of the biggest gains came from Chinese manufacturers with their more affordable handsets. Huawei took the number three position with an 8.9 per cent share, thanks to strong European and domestic sales, which helped the Chinese group's 48 per cent year-over-year sales growth. IDC said entry-level smartphones are gaining ground as consumers move away from basic mobile handsets or "feature phones."

Xiaomi, a rising star from China, was the fourth largest vendor with 5.3 per cent of the market. AFP

IN BRIEF

Fiat Chrysler facing $105 million in fines

The U.S. government will hit Fiat Chrysler with a record $105 million US fine next week for violating laws in a series of vehicle safety recalls, a person briefed on the matter said. In addition, Fiat Chrysler will be required to buy back a group of recalled vehicles to get them off the roads. The company will make payments to owners of 1.56 million recalled older-model Jeeps with gas tanks behind the rear axle to bring them to dealers to install trailer hitches to help protect the tanks. The company maintains the Jeeps are as safe as comparable vehicles built at the time, and it will not buy them back. The fine beats the old record of $70 million US assessed against Honda Motor Co. for lapses in recalls of airbags made by Takata Corp. THE ASSOCIATED PRESS

Minister confirms Greek bailout talks delayed

Greece's labour minister Giorgos Katrougalos says the format of talks between the government and rescue lenders is still being worked out — confirming a delay in the negotiations for a third international bailout.

Bailout negotiators from the European Commission, European Central Bank and International Monetary Fund had been due to start arriving in Athens last Friday to start talks for the new rescue package worth an expected 85 billion euros ($93 billion US). But late Saturday, a government official said talks at a "technical level" were now set to start next Tuesday.

THE ASSOCIATED PRESS

MCKS PRANIC HEALING EXPO
Saturday, August 15 11:00AM – 5:00PM
Pranic Healing® is a simple yet powerful & effective system of no-touch energy healing used to Balance, Harmonize and Transform the body's energy and by doing so accelerates The Natural Healing Process.
NORTHLAND PROFESSIONAL CENTRE
#402, 4600 CROWCHILD TRAIL NW
for more information email CPHA.ALBERTA@GMAIL.COM

SEARCHING for more GREAT SCHOOL BUS DRIVERS to join this team
We're EXPANDING & HIRING More Steady Part-Time School Bus Drivers Than Ever!
Training NOW for new routes starting August and September. Ideal for recent retirees or stay-at-home parents. No weekends, nights or school holidays.
Drug testing and criminal/background check and medical exam required.
Call 403-531-3920 or email canadajobs@firstgroup.com
www.firststudentinc.ca
An equal opportunity employer that values diversity.
First Student
Caring for students today, tomorrow, together.

We want YOUR opinion!
Join our Online Reader Panel and help make your Metro News even better. Join for a chance to win a $25 gift card.
metronews.ca/panel metro

metro VIEWS
Your essential daily news
Monday, July 27, 2015

POLL: THE PRICE OF PAN AM

Canadians broke records at the Pan Am games, and Toronto got new facilities and a head start on a potential future Olympics. But the cost — $2.4 billion, shared among the federal, provincial and municipal governments and host universities — has some people seething. We asked our readers if the investment, which works out to $68 per Canadian, was worth its weight in gold (medals).

Were the Pan Am Games worth the $2.4-billion+ price tag?

751 RESPONDENTS

Answer our poll every Friday at metronews.ca

WHAT DO YOU THINK OF AN AMERICAN, KANYE WEST, HEADLINING THE CLOSING CEREMONIES?

What do you wish the Pan Am money was spent on? (We asked readers to rank their choices from 1 to 9. This is the average).

1. Roads, bridges and infrastructure
2. Balancing the government's books
3. The Pan Am Games! I love them!
4. Health care
5. National childcare
6. Public schools
7. Green energy/environmental clean-up
8. Student loan forgiveness
9. Just cut us all a $68 cheque!

Forget the NIMBYism: Calgary is plenty green

KINGKADE'S CALGARY

Roger Kingkade

It's a wonderful society we live in, where people can keep councillors chained to their chamber chairs for days for the noble cause of NIMBYism.

Most of last week's city council business was tied up with a development proposal on the Paskapoo Slopes called Trinity Hills. As neighbourhoods go, it sounds lovely. There are houses and condos in the plan. There are movie theatres and shops and restaurants. There are trees in yards and a great big green space that will go undeveloped. And there are people in this city who don't want this neighbourhood to exist, because it will alter the view from their kitchen windows.

Granted, some believe that this green space is worth protecting for a host of reasons. Others just don't like the inconvenience of change. Collectively, they put together a list of names, presumably all real, live people well-informed on the matter. Then, said army marched on city hall to "Save the Slopes." The Slopes, by the way, were going to be mostly saved anyway.

Of the entire 105 hectares space that comprises the Paskapoo Slopes, 42 will remain undeveloped. This is described by Greg Brown, the lead planner of Trinity's development proposal, as park space "at no cost" to the City of Calgary.

All told, Calgary stands to lose 41 hectares of green space for the planned development of Trinity Hills.

The Twitter campaign from @SaveTheSlopes argues "The majority of Calgarians who hear about the Trinity proposal are opposed to it." One supporter tweeted a film of a lone moose, presumably in the area, wandering among the trees. On that same day, Mahogany residents had a moose wandering around their developed neighbourhood. If the argument is "Don't build here, because moose," somebody should have told the moose.

Council voted 12-3 in favour of the development. Mayor Naheed Nenshi referred to it as "Not the best outcome." If he's referring to the NIMBY crowd who believe the landscape belongs to them, he has a point. For Calgary, however, it's a terrific outcome.

Through it all, the Save the Slopes people never pointed out that Calgary has an overabundance of green space.

The Paskapoo Slopes aren't even 10 kilometres from Nose Hill Park. That big, bald mound is over 11 square kilometres in size. Even closer to the slopes are Edworthy Park and Bowmont Park. In fact, when you add those three green spaces with the Weaselhead Natural Area, Fish Creek Park, Bottomlands, Sue Higgins and Ralph Klein parks, you total nearly 3,100 hectares. And that's not nearly half of the green space. We have 39 hectares of it per 1,000 residents. That's the highest ratio in Canada, by far.

The 12 city councillors who voted for the development did the right thing. The city had a chance to buy the land at one point. They didn't. Neither did the #SaveTheSlopes posse. Calgary should be providing vibrant, well-planned communities, not preserving the views of a handful of upset residents.

Roger Kingkade co-hosts the Kingkade and Breakenridge show every weekday morning from 9 a.m. to noon on NewsTalk 770.

ROSEMARY WESTWOOD

metroview

I would gladly pay more for a strong national broadcaster

The Pan Am Games weren't the popularity flop they once threatened to be.

But as a litmus test for the state of the CBC, they're troubling.

Ticket sales, once lagging, hit the one-million mark last week. About 46 per cent of Canadians have tuned in to the CBC or its partners to watch, organizers say.

But many viewers didn't like what they saw. Complaints poured in after the CBC didn't show key games — including Canada's gold-medal wins in baseball and basketball — on live TV, forcing spokesman Chuck Thompson to admit that the corporation's scarce resources played a role in the decision.

In other words, the broadcaster — which since 2012 has suffered a $115-million funding cut, the loss of lucrative NHL broadcasting rights, and the elimination of 657 jobs — decided it couldn't afford to do more with less. It sensed the potential for a flop and underinvested accordingly.

After losing the NHL, the CBC said it would focus only on amateur sports that let it break even. The Pan Am Games show what a limping CBC thinks it needs to do to make that happen.

It's ironic, then, that the Senate would suggest the CBC cover more amateur sports, in a report on the future of the broadcaster released last week. Nowhere, as the Globe's Kate Taylor notes, does the report explain how to pay for this.

Raising government funding certainly isn't on the list, even though amateur sports offer the perfect argument for a well-funded CBC, one willing and able to handle what profit-fixated private broadcasters won't touch.

Instead, the senate report is the kind of map you'd hand to someone you hope will get lost. Given the conservative tint to the committee, perhaps that's the point.

The senators know we are watching a sinking mother corp.

That the CBC is underfunded is a matter of fact: It gets one-third the per-capita funding of the BBC, and the third-lowest among public broadcasters in Western democracies.

You could, as does the Senate, grasp at ways to make it a better, but still underfunded, public broadcaster.

But that's not the point, is it? Either you believe in the mission of a broadcaster beholden to Canadians, or you do not.

If you do, then pony up. I would gladly pay more than the paltry $29 a year we each contribute (I spend more on Q-tips).

If you don't, well then, just sit back and wait.

Because you can't have it both ways.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

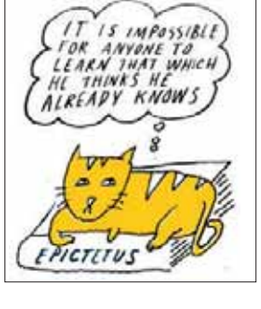
VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR CALGARY
Darren Krause

ADVERTISER INQUIRIES
adinfocalgary@metronews.ca
General phone 403-444-0136

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan



IT'S BACK!!

Southgate
Chevrolet Buick • GMC

PRICE BREAK

20% CASH CREDIT!

2015 GMC SIERRA SLE CREW CAB Z71

Stk #215168

MSRP	PRICE BREAK	SALE PRICE
$55,120	$13,406	$41,714

2015 GMC SIERRA SLE DOUBLE CAB Z71

Stk #215227

MSRP	PRICE BREAK	SALE PRICE
$50,170	$12,000	$38,170

2015 CHEVROLET SILVERADO LTZ CREW CAB AWD

Stk #215486

MSRP	PRICE BREAK	SALE PRICE
$60,360	$15,414	$44,966

2015 CHEVROLET EQUINOX LS AWD

Stk #215454

MSRP	PRICE BREAK	SALE PRICE
$30,455	$5,761	$24,694

2015 GMC TERRAIN SLT-2 AWD

Stk #215647

MSRP	PRICE BREAK	SALE PRICE
$35,714	$7,253	$30,661

2015 CHEVROLET TRAX 1LT AWD

Stk #215364

MSRP	PRICE BREAK	SALE PRICE
$28,255	$5,321	$22,934

2015 CHEVROLET MALIBU 2LT

Stk #215463

MSRP	PRICE BREAK	SALE PRICE
$31,590	$5,988	$25,602

2015 CHEVROLET CRUZE 2LS

Stk #215638

MSRP	PRICE BREAK	SALE PRICE
$22,025	$4,085	$17,940

2015 CHEVROLET SONIC LT 5-DOOR AUTOMATIC

Stk #215719

MSRP	PRICE BREAK	SALE PRICE
$19,745	$3,629	$16,116

ASK US ABOUT OFFERS ON OTHER MODELS INCLUDING

0% *LEASING UP TO 48 MONTHS*

FINANCING UP TO 84 MONTHS

WHILE INVENTORY LASTS. SALE ENDS JULY 28TH.

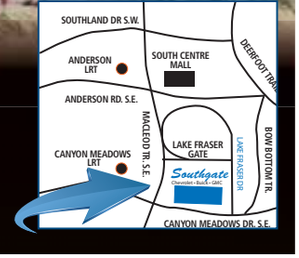
CHEVROLET BUICK GMC

Southgate
Chevrolet Buick • GMC

403-538-0574

13103 Lake Fraser Drive SE
www.southgatechevrolet.com

AMVIC Alberta Motor Vehicle Industry Council



PRICES INCLUDE ALL ADMINISRATION FEES AND TAXES EXCLUDING GST. VEHICLE'S NOT EXACTLY AS ILLUSTRATED OFFER ENDS 07/28/2015. SUBJECT TO ERRORS OR EMISSIONS.

metro LIFE
Your essential daily news

Adam Sandler's Pixels coudn't overtake Ant-Man at the box office

Sentenced to stardom

INTERVIEW

Audiences love Litchfield's new inmate, and Hollywood is taking note

North American audiences were introduced to Australian actress Ruby Rose on the third season of Netflix series Orange is the New Black, and she's quickly become a breakout star.

Rose plays Stella, an inmate at the women's prison who hits it off with Taylor Schilling's lead character, Piper.

In a recent interview, Rose said she's trailed by paparazzi, even at the airport. However, the attention she's gotten is welcomed because "my main goal is always acting."

"I had no opportunities before," she said with a laugh. "I was finding it really hard to get in the door here. Really hard. I couldn't get an agent, I couldn't get a manager, I couldn't get an audition. I couldn't do anything, and your hands are a little bit tied at that point. You have a visa that says it's for entertainment and you have no one that wants to represent you."

The 29-year-old is considering possible future projects, and says there's a possibility she'll return for the fourth season of Orange.

Australian actress Ruby Rose (right) stars alongside Taylor Schilling's Piper in Season 3 of OITNB. HANDOUT

What was it like joining the cast?
I've never been in a situation like that where I've gotten to meet so many amazing women that are all so talented and independent and funny, and it's a very supernatural situation with that many talented people in one room at one time, all getting along. It's great. It was perfect.

You were a fan of the show first. How did it feel to meet these people?
The only one I went like, 'Oh, what's going on?' was with Laura Prepon. She had the prison outfit, the glasses, the brows and the hair. She was (her character) Alex walking down the corridor. I just went, 'Hi! You're really good-looking.' She's just so tall and statuesque.

Is there anyone you didn't have scenes with that you wish you did?
I did a lot of scenes with pretty much everyone. I think Laverne (Cox), maybe, I didn't get any scenes with (her), but we hung out a lot, and whenever she was there on the set, I would always go and sit in her room.

You also work as a DJ. How do you balance that with acting?
I get these weekend opportunities to travel to different parts of the world and DJ, so it's literally the perfect mix. I have a fantastic combination career. It's a hobby, but it's something I've done for the last 10 years and so it's always going to be part of me.

How did you start acting?
I actually went to school for acting when I finished high school, and about halfway through that first year I ended up booking MTV (in Australia) and so I proceeded to do television presenting, I had a clothing brand and created my own radio station.

I did all these crazy things and it was almost like they were all sidesteps to get me into the door with acting. ... I'm definitely where I want to be now and it feels amazing. THE ASSOCIATED PRESS

> **"I was finding it really hard to get in the door here. Really hard. I couldn't get an agent, I couldn't get a manager, I couldn't get an audition.**
> Ruby Rose, actress

What's for DINNER?
We've got you covered.
thejollytable.com
The Jolly Table
Good Meals Made Easy
10% OFF
METRO CODE LEZMETA8
ENDS MIDNIGHT JULY 31ST
MAKE FRESH & TASTY MEALS IN 3 SIMPLE STEPS
1. MENU You order Tasty Recipes from our amazing Chefs
2. We measure, prep & pack all the ingredients
3. We deliver to you Fresh. Ready to Cook and enjoy!
GET STARTED ON WWW.THEJOLLYTABLE.COM
Order before midnight Sunday for Delivery the following week.

BROKEN PROMISE — AN EXCERPT IN FOUR PARTS BY LINWOOD BARCLAY

BILL TAYLOR

PART 1 OF 4

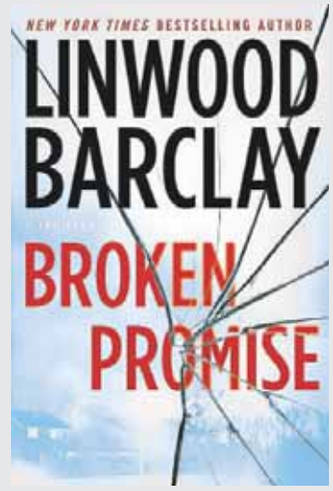
Something dark has infected Promise Falls

Bestselling thriller author Linwood Barclay returns this week with Broken Promise (Doubleday, July 28, $22.95) the first book in an explosive new trilogy.

As the novel begins, David Harwood uproots his life and young son after the death of his wife and the demise of his newspaper, and moves back into his childhood home in Promise Falls, N.Y., where he comes across an epic family secret.

Excerpted from Broken Promise by Linwood Barclay. Copyright © 2015 Linwood Barclay. Published by Doubleday Canada, a division of Penguin Random House Canada Limited, a Penguin Random House Company. Reproduced by arrangement with the Publisher. All rights reserved.

As I rapped on it with my fist, I noticed a smudge on the door frame. It looked like smeared blood. As if someone had swatted the world's biggest mosquito there.



"David," my mom said, "I wanted to ask what you might have on for this morning."

"Why? What's up?"

"I mean, if you have some job interviews lined up, I don't want to interfere, but I have some things to drop off for Marla." Marla Pickens. My cousin. "I made up a chili, and I had so much left over, I froze some of it. And I picked her up a few other things. Some Stouffer's frozen dinners. I don't think that girl is eating. Ever since this business with the baby, she just hasn't been right."

Dad, not taking his eyes off the screen, said, "It's been ten months, Arlene. She's gotta move on. She's gone a bit crackers, if you ask me."

When I got to Marla's, I grabbed the bags of food and mounted the three steps to the door. As I rapped on it with my fist, I noticed a smudge on the door frame.

It looked like smeared blood. As if someone had swatted the world's biggest mosquito there.

When Marla didn't answer the door after ten seconds, I knocked again. Five seconds after that, I let myself in. "Marla? It's cousin David!" Down the hall, I heard a kind of . . . mewing? A gurgling sound?

A baby?

"Marla?" I set the bags down on the floor and went down the hall, pushed open a door.

I had heard a baby. Nine months old, I guessed, and sucking contentedly on a rubber nipple, its tiny fingers attempting to grip the plastic feeding bottle. Marla held the bottle in one hand, cradling the infant in her other arm.

She studied my face and whispered, "I heard you call out, but Matthew's nearly asleep."

"Matthew?"

Marla smiled, nodded. "Isn't he beautiful?"

Slowly, I said, "Yes. He is." A pause, then: "Who's Matthew, Marla? I mean, who does Matthew belong to? Are you babysitting for someone?"

Marla blinked. "Matthew belongs to me, David. An angel brought him to me."

"Marla, what happened last year to you . . . and your baby . . . was a tragedy. We all felt so terrible for you."

Ten months ago. Marla had been devastated.

"Marla, tell me whose baby this really is, and why there's blood on your front door."

In tomorrow's excerpt: Other strange things are happening in Promise Falls.

STREAMING

Angelina Jolie to direct Cambodian war drama

Angelina Jolie is teaming up with Netflix to direct an adaptation of First They Killed My Father: A Daughter of Cambodia Remembers. The film will be based on Loung Ung's memoir of her experiences during the Khmer Rouge regime as a child. It's expected to be available on Netflix in late 2016.

Jolie co-adapted the script with Ung. The actress and director says the memoir helped reinforce her connection to Cambodia, where her son Maddox was born.

Jolie recently directed the Louis Zamperini biopic Unbroken and is in post-production on By the Sea, in which she also acts alongside husband, Brad Pitt. THE ASSOCIATED PRESS

Angelina Jolie. GETTY IMAGES

ROBERTSON COLLEGE
It's Time to Check Out Robertson College.
At Robertson College, your success is our success. Increase your employability with our career-focused programs, work practicums, and lifetime career services and job search assistance.
✓ Student Aid Approved Programs in Health Care & Business
✓ Many Programs Can Be Completed in 1 Year or Less
✓ Online Programs Available to Let You Earn Your Diploma or Certificate 100% Online
✓ Transition Smoothly into Your New Career with Real Experience from Your Practicum
✓ Gain Access to the Robertson Employer Network
Call 587.331.8233 or visit robertsoncollege.com to get started!

WHAT PET CAN I GET?

There's a new Seuss on the loose

Cathy Goldsmith never thought she'd see a brand new development in Seussville.

The Random House associate publishing director is the last remaining employee at the company to have worked with the late Theodor Seuss Geisel, a.k.a. Dr. Seuss.

When he died in 1991, she envisioned future publications featuring his older material. But not a completely new book from him.

But as The Cat in the Hat says: "But that is not all. Oh no. That is not all."

On Tuesday, the new Dr. Seuss book What Pet Should I Get? will hit shelves with material culled from a box discovered in his home. It comes 25 years after the publication of his last new book, Oh, the Places You'll Go! — and it might not be the last.

"I'm just thrilled about it," Goldsmith said in a phone interview from her office in New York.

"It's probably the most exciting thing that's happened in years around here."

What Pet Should I Get? is based on a manuscript that the author-illustrator's widow, Audrey Geisel, had put into a box along with other texts and sketches while remodelling her home in La Jolla, Calif., shortly after his death.

FAMILIAR RING

The 48-page book sees the brother-sister characters from Dr. Seuss's 1960 book One Fish Two Fish Red Fish Blue Fish choosing an animal friend.

Geisel didn't realize what the manuscript was until the fall of 2013, when she and Claudia Prescott —Ted Geisel's longtime secretary and friend — looked through the box.

"We had thought that the office had been completely gone through previous to this, and in point of fact it probably had been, except this box was somehow misplaced in the house," said Goldsmith.

She and publisher Mallory Loehr flew to the Geisel home within a week of getting the phone call.

"We walked in and all the materials from the box were laid out on this enormous dining room table — everything in nice, neat little piles — and among the stuff that was in the box was the material that ultimately has become What Pet Should I Get?"

Goldsmith said the black line artwork for the story, which is told in Dr. Seuss's signature rhyming style, was virtually complete but there were hardly any colour directions. The manuscript was done in typical Dr. Seuss fashion: typed on onionskin paper and taped right on top of the artwork.

Goldsmith said What Pet Should I Get? was the only project in the box that was virtually complete.

The Office star Rainn Wilson narrates the audiobook, which is also out on Tuesday.

Goldsmith said Random House doesn't have any specific plans for the rest of the material that was in the box.

Is it possible we might see another new book one day?

"I would not rule it out completely. It's not a decision we've made yet at this point," she said. THE CANADIAN PRESS

One HELOC way to home equity havoc

A home equity line of credit or HELOC can make it all too easy to overextend yourself. ISTOCK

BORROWER BEWARE

Using the value of your home as line of credit has its pitfalls

What the heck is a HELOC?

The term HELOC refers to turning your house into a giant credit card with extremely low interest rates. If you think that sounds like a good deal, you're not alone.

HELOC is the acronym for a Home Equity Line of Credit. Many lenders will allow you to borrow money against the worth of your house at a much lower interest rate than on your credit cards or if you were using a line of credit that wasn't "backed" by anything.

The idea is that banks and credit unions can safely assume lending you money is relatively low risk because you can always sell your house to pay your debts.

Home equity is basically the difference between what your house is worth and how much (if anything) you still owe on your mortgage.

For example, if I purchased a home for $300,000, paid a $60,000 down payment, and then faithfully made my monthly payments for 10 years, I might have whittled my mortgage down to $165,000 or so. If my house was in an ice-cold housing market and hadn't risen in value at all during those 10 years, I would now have roughly $135,000 in home equity.

If I lived in a major Canadian urban centre over the past 10 years, my home is now probably worth at least 25 per cent more than I paid for it though; therefore, I'd have more like $235,000 in home equity.

Therein lies the HELOC trap.

As a Canadian millennial, I could be excused for thinking that the value of houses only goes up — and that it always does so quite drastically. If you follow that line of reasoning to its logical conclusion, there should be no harm in borrowing against the growing equity in your home, because as long as the value of the house goes up faster than you borrow against it, things will be fine. Of course if interest rates suddenly rise, home values fall, and many other bad things happen — you could be caught financially skinny dipping when the tide goes out.

According to the Canadian Association of Accredited Mortgage Professionals (CAAMP), 27 per cent of people with mortgages in Canada in 2014 had a HELOC. Of those that had one, 90 per cent had an outstanding balance and the average amount outstanding was $57,000.

HELOCs can be great financial tools if understood and used properly. If they are simply seen as the quickest way to marble countertops, a new boat, or that luxury vacation you've always wanted ...

Well, just remember, the tide always goes out eventually.

Kyle Prevost is a personal finance writer helping people save and invest at YoungandThrifty.ca.

HELOC DEFINED

Behind the acronym

- HELOC stands for Home Equity Line of Credit.
- HELOCs allow you to borrow money at very low interest rates.
- The temptation to use HELOCs to live above your means can get you in trouble in a hurry!

More than just a pretty rate.

Nowadays, there's an overwhelming amount of choice available when it comes to investing your money. But you'll only find one place where your money truly gets the respect it deserves. At Oaken, you'll find some of Canada's highest savings rates and your deposits are eligible for CDIC coverage.† So do your homework and invest in the solution that's right for you.

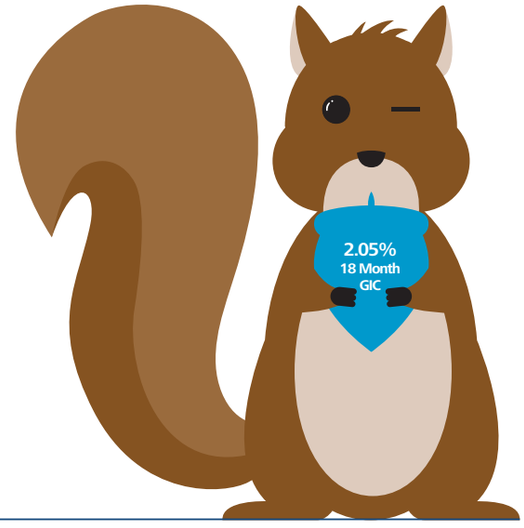
For some of the highest savings rates in Canada, call 403-692-4740 or visit oaken.com

Ask us about our Mobile Deposit Specialist!

1.75% Savings Account
1.95% 1 Year GIC
2.50% 5 Year GIC

Oaken™ FINANCIAL

Plant for your future™



Oaken Financial is a trademark of Home Trust, member of CDIC

517 - 10th Ave. SW, Calgary, AB T2R 0A1
OakenFinancial @oakenfinancial

Rates are correct as at July 27, 2015, and subject to change. Interest on all GICs is paid annually or compounded annually and paid at maturity, minimum deposit $1,000, non-redeemable. The Oaken Savings Account rate is annualized, interest is calculated daily and paid monthly. †CDIC coverage up to applicable limits.

APP REVIEWS KRIS ABEL'S DIGITAL PICKS FOR THE WEEK

MIND THE APP
Kris Abel
@RealKrisAbel

FITNESS

Nike+ Running

•iPhone/Apple Watch/ Android
• Free

A new music update to the popular fitness tracking app means you can now use Spotify to generate a 100-song playlist based on a target BPM (bests per minute) determined from your own recorded pace goals and musical tastes.

GAME

Prune

• iPhone/iPad
• Rated: Everyone 4+

At its heart, Prune is about caring for a tree. It's a relaxing game where you must trim branches away from danger and towards the sun. Beautiful in visuals and poignant through music, its originality and ability to create a moving experience place it among the year's best.

KIDS

Roald Dhal's Twit or miss

• iPhone/iPad
• Free

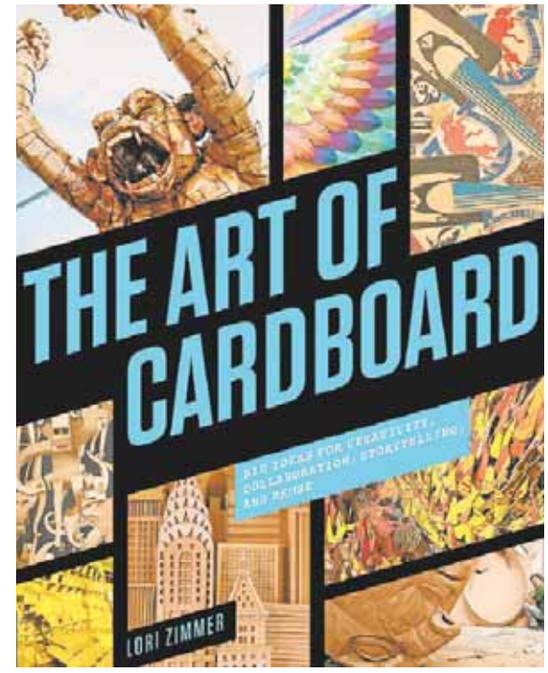
The first in a series of apps celebrating author Roald Dhal, this mischievous food fight game has you deflecting the gross dinner morsels of fish heads, broccoli, and bird pies from Mr. Twit's beard to protect his wife's ever-boiling temper.

COOKING

Blue Apron

• iPhone
• Free

This weekly supply of seasonal, step-by-step recipes is richly presented with how-to videos, cooking tips, ingredient guides, and even a camera app with fun filters and effects. Although tied to a U.S.-only delivery service, the recipes are handy on their own.



EBOOK

The Art of Cardboard

• Kindle/iBooks/Kobo

From creating childhood castles to using storage boxes for our memories, cardboard boxes have long been a trigger for our imagination. Filled with zoomable photos, this gorgeous ebook explores the astonishing sculptures of eco-artists who see the spirit of sustainability in playful packing cartons.

NEW LOCATION
NOW OPEN!
2490 - 24 ST NE TTY 3NT (off Barlow Tr)
CALGARY'S ORIGINAL
CREDIT REBUILDER
Good Credit? Bad Credit? No Credit at all? ...No Problem!
Finance a vehicle with us and start rebuilding your credit today!
Apply in-store or online at www.houseofcarscalgary.com
Rates Starting @
4.9%
INSTANT ONLINE APPROVALS!
WWW.HOUSEOFCARSCALGARY.COM
Prices are based on vehicle only. Warranty, finance fees, and GST extra O.A.C. All bi-weekly payments are calculated at 4.99% interest over 60/72/84 months depending on year of vehicle. Total cost of credit based on an interest rate of 4.99% over 84 months will be approximately $3,353.19 if customer pays the minimum payment for the full term. Each individuals credit will result in different cost of credit amounts.
House of Cars Inc. is a Licensed AMVIC automotive retail dealer
APPLY TODAY! DRIVE TODAY!
Easy 30 Second Online Application
WWW.HOUSEOFCARSCALGARY.COM
HOUSE OF CARS
SALES / SERVICE / FINANCE

VIDEO GAMES

Game marks 30 years of Mario

This September, in order to properly celebrate the 30th anniversary of its cult platformer, Nintendo will release Super Mario Maker, a new video game made for the Wii.

The game will allow players to build and share new levels for the famous mustachioed plumber.

On Sept. 11, two days before the anniversary of the release of Super Mario Bros., Nintendo will release Super Mario Maker, the latest in a long line of video games starring Mario and his brother Luigi.

Just like Little Big Planet, available on Sony consoles, this game will give players the chance to create their own levels to play and to share them with gamers around the world.

Beyond just creating their own levels, with the help of the Gamepad touchscreen, gamers will also travel back through time to previous Mario worlds.

Four previous games have been selected to serve as a creative base: the very first Super Mario Bros., Super Mario Bros. 3 (1988), Super Mario World (1990) and New Super Mario Bros. U (2012).

Super Mario Maker will be a tribute to Mario, one of the most widely recognized video game characters ever and one who has contributed significantly to Nintendo's, and video games in general, success around the world.

First released for NES on Sept. 13, 1985, Super Mario Bros. had a mustached plumber as its hero.

Having already played his part in the Donkey Kong games, in his own game, Mario is tasked with racing through the Mushroom Kingdom, surviving the main antagonist Bowser's forces, and saving Princess Toadstool.

Nintendo's Mario turns 30 in September. HANDOUT

The game's success should be a no-brainer considering the fact that until 2008 it was the most popular video game in history with over 40 million copies sold around the world. In fact, at a time when the gaming industry was hitting a wall, along came Mario to breathe life back into the business and make Nintendo the industry leader.

In 30 years, the company hasn't missed an opportunity to release multiple sequels and spinoffs of its Mario franchise, constantly upgrading the games with the release of each new gaming system.

This tidal wave of games translates to over 195 million titles sold since its creation, confirming the Mario franchise as the most popular video game in history.

So there is nothing surprising in Nintendo wanting to commemorate the 30th anniversary with a new game.

For the occasion, a new dedicated website has been put online, supermario.nintendo.com.

It gives the nostalgic or curious among us a trip back in time with Mario's greatest adventures.

AFP

Manners to dine for

TAKING KIDS TO RESTAURANTS

Experts break down etiquette for eating out with little ones

What went down at Marcy's Diner in Portland, Maine, between the vacationing parents of an antsy toddler and the annoyed, profanity-prone restaurant owner is a case of she said-she said.

The pancakes took a long time. It was raining. An invitation to leave was extended, albeit not terribly politely. Words were exchanged both in the moment and later more vehemently on Facebook.

There was the inevitable social media storm after word of the July 18 showdown surfaced, including more than 6,000 comments both yay and nay for the family on The Washington Post's website after Tara Carson, mom of the 21-month-old, put out her side of the story Wednesday.

So where does restaurant etiquette stand when children act up, even in a seemingly family friendly environment such as Marcy's? We break it down with a trio of experts:

Is it worth dining out with tots?

"In general, parents definitely *should* be bringing their kids to family-friendly restaurants to get them used to the experience of dining out. But you do have a responsibility to the people around you. If your child is crying and screaming at length, it's probably time to pay the bill and go," said the Emily Post Institute's Lizzie Post, co-host of the Awesome Etiquette podcast on American Public Media.

Elena Brouwer, based in Hollywood, Fla., an etiquette consultant for upscale restaurants and fancy hotels, said very young children shouldn't be anywhere near pricey places, especially at night.

"People are going to spend hundreds of dollars on dinner and stay there for three hours," she said. "Bringing kids in at 8 or 9 when they're tired or cranky, does happen. A lot of parents just don't care."

April Masini, a New York relationship and etiquette expert who writes a column called Ask April, said parents should consider limiting restaurant forays with small children to fast-food restaurants. "The operative word is fast," she said.

Did the Carsons forget the Cheerios?

"Where was the colouring book? And everybody criticizes it, but where was the iPhone? When you recognize that your child is in that kind of a moment ... then it is time to leave the restaurant," said Post. (Carson did not respond to messages for comment.)

The bottom line, Brouwer said, is "nothing is going to help if a child doesn't want to be there."

Before things get out of a control, it would also serve everybody to comp the meal of the frazzled parents to hurry them out the door, she said.

"Children who cry in public places, at length (more than five minutes), need to be taken outside by a responsible and understanding parent," Masini said.

Have today's parents lost control?

"I think we say every generation feels entitled. It's one of those things where we always look to the next generation and tell them they're terrible," Post said.

Brouwer does consider many in this generation of parents on the selfish side. "They don't take the time to teach the children or don't care what the consequences are for poor behaviour in public," she said.

Masini said parents have more complicated lives today and that trickles down to their relationships with their children.

Whose responsibility is this?

"You have to let the parents deal with the child. First the restaurant person should ask, 'Is there anything we can do to help?' That might just let the parents know they're at least trying to be nice," Post said.

Brouwer added: "Children are children. People are not born with good manners. They have to be taught."

On the restaurant side, it behooves everybody to get food to a waiting child right away, she said.

Masini said the logical first step for a restaurant owner or manager is to ask the parents of a child over the behaviour line to step outside.

"When the restaurant owner does not do that, the problem festers, tempers flare and the social media war that ensues is a derivative problem," she said.

THE ASSOCIATED PRESS

Marcy's Diner in Portand, Maine, was the scene of a dustup over a cranky toddler. ROBERT F. BUKATY/THE ASSOCIATED PRESS

MORE THAN JUST YOUR JAM

Music we like connected to how we think: Study

Of the many things that shape our musical preferences, cognitive style may be an accurate predictor. Such is the theory posited by a team of scientists from the University of Cambridge. The results of the study, published in PLOS ONE last week, indicate that empathizers tended to prefer mellow, unpretentious and contemporary music and shy away from intense music. Conversely, systemizers favored intense music but disliked mellow and unpretentious genres. The implications for the music industry are important, because as PhD student David Greenberg notes, "A lot of money is put into algorithms to choose what music you may want to listen to." AFP

TOP DOLLAR FOR TRADES! YES WE CAN FINANCE EVERYONE! 100% FINANCING AVAILABLE!
JULY 14 - JULY 31, 2015
TRADE IN TRADE UP
SUMMER CLEARANCE EVENT
ONLY 1500 KM!
Jeep
RAM
$294/BW
2015 RAM 1500 SPORT CREW CAB 4X4
STK# 11427
3.6L HEMI V6, AUTO, HEATED & COOLED LEATHER, SUNROOF, NAVIGATION, BACK-UP CAM, BLUETOOTH AND MORE!
MSRP $60,465
NOW ONLY $47,888
$198/BW
2015 JEEP GRAND CHEROKEE LAREDO 4X4
STK# 11400
3.6L PENTASTAR V6, AUTO, BLUETOOTH, POWER SEAT, KEYLESS GO, A/C, CRUISE CONTROL, POWER GROUP, TINTED GLASS
MSRP $40,860
NOW ONLY $31,888
$159/BW
2014 DODGE GRAND CARAVAN SXT
STK# 114524
3.6L V6, AUTO, BLUETOOTH, BACK-UP CAM, STO-N-GO, CLIMATE CONTROL, POWER GROUP
MSRP $40,685
NOW ONLY $22,888
YOUR DESTINATION FOR THE LARGEST SELECTION IN CALGARY!
2014 DODGE DURANGO LIMITED AWD
5.7L HEMI V8, AUTO, LEATHER, SUNROOF, BACK-UP CAM, DVD HEADRESTS & MUCH MORE
$246/BW or $39,995
MSRP $50,610
2013 CHRYSLER TOWN & COUNTRY
WOW
3.6L V6, AUTO, POWER DOORS, BCK-UP CAM, BLUETOOTH, CLIMATE CONTROL, KEYLESS ENTRY, ALLOY WHEELS
$112/BW or $15,888
2014 DODGE CHARGER SXT AWD
3.6L PENTASTAR V6, AUTO, 10 SPEAKER BEATS AUDIO, SUNROOF, SPORT MODE, 8.4" TOUCHSCREEN & MORE!
$186/BW or $29,998
MSRP $40,780
2014 RAM 1500 SLT QUAD CAB 4X4
ECO DIESEL
3.0L ECODIESEL, 8 SPEED AUTO, HEATED SEATS, HEATED WHEEL, BLUETOOTH, BACK-UP CAM, TONNEAU COVER, TRAILER TOW PKG
$237/BW or $39,995
2014 JEEP GRAND CHEROKEE LTD 4X4
3.6L PENTASTAR V6, AUTOMATIC, HEATED LEATHER, BACK-UP CAM, POWER SUNROOF, NAVIGATION, BLUETOOTH, KEYLESS ENTRY
$237/BW or $39,995
2014 CHRYSLER 300S
3.6L V6, 8 SPEED AUTO, LEATHER, HEATED SEATS, SUNROOF, KEYLESS ENTRY, CLIMATE CONTROL, SATELLITE RADIO AND MUCH MORE!
$174/BW or $27,995
RENFREW 80 Years
YOUR DOWNTOWN CHRYSLER CONNECTION
RENFREWCHRYSLER.COM
1.888.861.7964
1920 PUMPHOUSE RD SW
CarProof
SIRIUS XM
Pricing does not include GST. Vehicles may not be exactly as shown. $0 Down, 5.99% interest rate, OAC. Qualifications 2014 & 2015 – 96 mths, 2012 & 2013 – 84 mths, 2010 & 2011 – 72 mths, 2007 to 2009 – 60 mths, #11230 OAC @4.99%, 96 MONTHS. COB $6571 AND TOB $37302. See Dealer for details. $10,000. **Stk# 1417644 2011 Grand Caravan. 5.99% for 60mths, COB-$1784.29, TOB-$13044.20. Monthly payments based on the following eg. Stk# 11370 2014 Chrysler 200 LTD COB $5337.81, TOB $34,066.76 at 4.99% for 96 months. OAC

Drake slams Meek Mill's ghostwriting claims

MUSIC

Toronto rap star responds with hit song Charged Up

Hip-hop star Drake has hit back at charges he relies on ghostwriters for his songs, releasing a new track dissing his accuser which quickly went viral online.

Fellow rapper Meek Mill recently took to Twitter to accuse Drake of not writing his own songs and suggested that the Toronto-born artist retaliated for his knowledge of the secret by not promoting Mill's work.

Drake — whose latest mix tape topped the U.S. album chart and who recently headlined major festivals including Coachella — broke his silence late Saturday to respond in verse with a diss song entitled Charged Up.

The song soon hit No. 1 on Billboard's Trending 140 chart, which looks at social media impact in the United States.

"Wow, I'm honoured that you think this is staged," Drake raps over a minimalist beat.

"I seen it all coming ... 'cause it ain't like I need the money I make off a feature," Drake said, presumably explaining why he did not promote Mill's album.

Referring to recent police killings of African Americans that have provoked outrage, Drake raps, "Cops are killing people with their arms up/ And your main focus is trying to harm us?"

Drake debuted the song on Apple Music, the tech giant's new streaming and radio service for which he has been a prominent spokesman.

Drake referred to his Apple collaboration in Charged Up as a way to tell Mill that he has been successful.

Drake appeared to confirm in the song that the company paid him $20 million.

Mill, while not taking back his accusations, wrote on Twitter of the song: "I can tell he wrote that one, though."

AFP

BACKGROUND

Quentin Miller shuts down ghostwriting claims

The man widely suspected to be Drake's alleged ghostwriter has spoken out and debunked the claims.

Quentin Miller issued a Tumblr post explaining his relationship with Drake and noted that his contributions to the Toronto rapper's recent record were always made transparently clear in the song credits.

Philadelphia rapper Meek Mill initiated the conflict with a series of tweets arguing that Drake "don't write his own raps," including the Grammy winner's verse on Mill's recent song R.I.C.O.

Miller has a songwriting credit on that song, along with five tunes from Drake's surprise If You're Reading This It's Too Late.

In his post, Miller writes that he was an aspiring rapper, muddling in obscurity and working at a bakery, when Drake called him and told him he was "destined for greatness."

When Miller began work on Drake's project, it was already mostly finished, he writes. THE CANADIAN PRESS

metroGOSSIP MUST READ

Drake hit back at Meek Mill with a new track after the Philadelphia rapper accused him of using a ghostwriter. AFP

MOVIES

Avengers: Age of dating rumours

This could make things awkward at the table read for the next Avengers film.

Tom Hiddleston, who plays the mischievous villain Loki, and Elizabeth Olsen, who plays new team member the Scarlet Witch, are the subject of new rekindled dating rumours after sharing a cosy dinner in London late last week.

And why do we think there's some truth to the talk?

Because of how miserable and uncomfortable they appear in paparazzi photos from their night out.

If that's not an "oh crap, you weren't supposed to see this" face, I don't know what is.

The two are set to star as husband and wife in the Hank Williams biopic I Saw the Light, so who knows, maybe the whole thing is just research.

NED EHRBAR/ METRO HOLLYWOOD

Elizabeth Olsen and Tom Hiddleston GETTY IMAGES

IN BRIEF

Schumer shuts it down

How do you make an interview with Amy Schumer go terribly, terribly wrong? Casually refer to her Trainwreck character as "skanky." At least that's what Australian radio show co-host Matt Tilley learned when he tried to float the adjective past Schumer, only to have the Comedy Central star make the rest of their time together incredibly awkward.

"So you have the word 'skanky' in America?" Tilley asked, to which Schumer gamely replied, "We do have that word. What made you think about your mom?"

NED EHRBAR/METRO HOLLYWOOD

Amy Schumer. GETTY IMAGES

Rebel Wilson on gun control

In the wake of this weekend's movie theatre shooting in Lafayette, La., Australian comedian and actress Rebel Wilson took to Twitter for a rare bout of complete seriousness.

"I don't like getting political, but America you have to follow Australia's example (regarding) gun laws," she writes.

"I don't remember a mass shooting in Australia since they overhauled the gun laws."

NED EHRBAR/METRO HOLLYWOOD

SENIORS' HOUSING FORUM

Providing relevant options

CONTRIBUTED

Twelve years ago, some seniors' experts in Calgary were talking about the lack of credible information available for seniors and their families, who were looking for housing options and other supports.

They decided to fill that gap by starting the Calgary Seniors' Housing Forum Society (CSHFS), a non-profit organization dedicated to providing "relevant information regarding seniors' housing, resources and supports that contribute to successful aging."

Today, the organization continues to help seniors find the best place to live that matches their health and lifestyle. With that in mind, CSHFS has developed a three-prong approach to inform people about housing options and supports — a website (seniorshousingnow.ca), Metro inserts, and in-person forums.

"During our last forum we were shocked at how urgent people's needs still are and how much emotion there was around housing," says Wendy Rodger, CSHFS president. "People just don't think there are options out there that match their needs."

"People feel a bit hopeless about options, they feel like a round peg in a square peg world," says Cathy Hume, vice-president CSHFS. "For some, affordability is an issue and others are overwhelmed at the thought of moving."

Seniors can be reluctant to talk to their families about housing because they are afraid "they will overreact and take away options," says Kathy Cleary, a CSHFS board member. "Outside resources are sometimes best for that discussion. The senior can access information on their own and consider options on their own as well."

As well as providing information, "we also hope to identify emerging trends in seniors housing and provide information," says Ralph Hubele, one of the founders.

For more, see seniorshousingnow.ca.

MORE ONLINE

Be sure to look out for Part 2 of this feature Sept. 28. Can't wait until then? Visit us at metronews.ca/seniors.

The Lodge at Valley Ridge
11479 Valley Ridge Dr. NW
Ph. 403-286-4414
info.vr@diversicare.ca
www.lodgeatvalleyridge.ca

Trinity Lodge
1111 Glenmore Trail SW
Ph. 403-253-7576
info.tl@diversicare.ca
www.trinitylodge.ca

Lake Bonavista Village
11800 Lake Fraser Dr. SE
Ph. 403-258-1849
info.lbv@diversicare.ca
www.lakebonavistavillage.ca

Inspired Senior Living

Person - centered.
Service - focused.
Call for a tour today!

Diversicare

ORDER OF EXCELLENCE
CANADA AWARDS FOR EXCELLENCE
GOLD RECIPIENT: QUALITY

The Canada Awards for Excellence program is under the Vice-Regal patronage of the Governor General of Canada and this is the 4th time that Diversicare has won this prestigious award.

SENIORS' HOUSING IS EVOLVING

The aging Canadian population is creating higher demand for seniors' housing, which, in turn, is creating more options for those baby boomers reaching retirement and beyond.

To look at what the future holds, Metro spoke to a large national housing provider and a more local group.

"It's really a great time to be a senior," says Stephen Foster, chief operating officer at Revera. "People are living longer and healthier lives and there have never been more options and opportunities."

The industry is developing programs and services that recognize seniors want independence and choices.

"We have a much better pulse on what seniors are looking for and a lot of that revolves around the freedom to make their own choices and build their own lifestyle," Foster says. "We're here to facilitate that journey. Our goal is to help our residents live life to the fullest and to meet their diverse needs."

The industry and Alberta Health Services (AHS) are shifting to a more resident-centred (or patient-centred) approach to care.

"It is a holistic approach that focuses on the overall wellness of the individual, which includes their body, mind, social, emotional, creative and spiritual well-being," says Bernadette Majdell, vice-president, sales and marketing at Hestia/AgeCare. "It means that we take time to connect with the person as a whole, complete, and unique individual."

Hestia/AgeCare has developed seniors campus' for people living independently and with other levels of care.

"By having independent seniors on the same site we are able to offer an aging in place model, where independent residents get to know our facility, which makes a potential transition to care easier," Majdell says. "And we are able to keep families together when one family member requires care and the other is still independent."

Resident councils, along with annual surveys of residents and their families, help Revera glean insights and make improvements.

"A big part of innovation for us is in understanding the voice of our residents," Foster says. "We believe seniors want choice, freedom and flexibility to keep living their life their way, and this notion is at the forefront of every new program, policy, and service we provide."

"This shift in the industry, and especially the more institutional groups, is really exciting as it means all innovation will be driven by what seniors want," Majdell says.

"It puts them at the centre."

CONTRIBUTED

NOW RENTING

WALDEN HEIGHTS ESTATE

250 Walden Gate SE Calgary, AB

AFFORDABLE LUXURY 55+ RENTAL UNITS

BY Hestia PROPERTIES

For additional information

info@hestiagroup.ca 403.873.8144 x201 hestiaproperties.ca

INTRODUCING CLOVER LIVING

INDEPENDENT LIVING & 55+ SUPPORTIVE LIVING

Great prices starting at

$1095/mo INDEPENDENT LIVING | $1825/mo SUPPORTIVE LIVING

- Excellent location for active lifestyle
- Western & Chinese cuisines, housekeeping, recreation activities & more
- English, Cantonese, and Mandarin speaking staff
- 24-hr front desk and emergency response system

(403) 290-1088 | info@cloverliving.ca | cloverliving.ca

Suite #100, 120 - 2nd Ave SW, Calgary, AB T2P 3J9

CLOVER LIVING

A Place to Call Home.

Carefree, Comfortable and Safe.

We set the standard for **AGE-IN-PLACE LIVING** by delivering support services needed to ensure ongoing quality of life throughout the years at our beautiful residence.

Ask About our Secure Memory Care Unit

Providing a Continuum of Care and Support to Seniors in an elegant community that is safe, Secure and comfortable

SHOW SUITES OPEN DAILY Call or Drop By For A Tour!

Auburn Heights Retirement Residence™

21 Auburn Bay Street, S.E., Calgary, AB

An All Seniors Care Living Centres Residence

403.234.9695

"At Your Service" Amenities:

- Well-Designed Spacious Suites with Large Balconies or Patios
- Delicious Home Cooked Meals
- Daily Activities and Outings
- Indoor Pool and Fitness Studio
- Individualized Resident Care through Specialized Assessments
- Visiting Physicians
- 24/Hr Nursing Staff
- Secure Memory Care Floor

ALL SENIORS CARE LIVING CENTRES

Where Caring is Our Number One Concern™

www.allseniorscare.com

PROUDLY CANADIAN

Exclusively QOLA SUPPORTED

You can decide where you want to live

There are a number of different housing options available for seniors in Alberta. Here are some of the options:

LIVING INDEPENDENTLY AND HOME CARE

Almost all individuals, regardless of age, would like to stay in their own home. While at home your health may start to change, so your current living circumstances are not the best for your overall well-being without any care services. Based on your assessed needs, Alberta Health Services may deem you are appropriate for some care supports within your own home.

Once this process has been completed, AHS will send a health-care worker to your home on a scheduled basis and provide some nursing care that will keep you as well as possible. If you think you might need such services, go to the Alberta Health Services website (albertahealthservices.ca).

CONTRIBUTED

SUPPORTIVE LIVING

The term supportive living is sometimes referred to as assisted living. Supportive living and assisted living offer various levels of supports. It may mean there are meals available, housekeeping, social activities and, in some cases, a bus is available to transport you to appointments. Each building is different, and when considering a move be sure you understand what is being offered and if there is a cost associated with any of the services.

Alberta Health Services has a very specific program called designated supportive living. This housing option is when people need some kind of support outside of scheduled AHS home-care visits.

The home-care program works best when your care requirements are stable between home-care visits and when caregivers leave for the day.

The designated supportive living program has different combinations of licensed practical nurses and health-care aides on-site, depending on the actual program care levels.

LONG-TERM CARE

Long-term care is so different than it was in the past. There are now many housing options prior to being assessed for long-term care. This setting is for a small number of individuals who have highly complex health needs and cannot be safely housed within their own home anymore.

Within the long-term care community there are registered nurses, family physicians, licensed practical nurses, health-care aides, and rehabilitation services, if required.

Transforming the Experience of Aging.

United Active Living supports older adults to lead full, active and healthy lives, regardless of age or physical condition. Research guides our activities, programs and lifelong learning opportunities as we find creative, new ways to promote conscious aging at our communities. United provides innovative independent and assisted living options, including 24-hour private care services and our exclusive Memory Select program, which provides a safe, nurturing environment where seniors with dementia and cognitive challenges enjoy a positive life experience.

Call **403-249-5505** for a personalized tour or visit **www.UnitedActiveLiving.com**.

UNITED ACTIVE LIVING COMMUNITIES

GARRISON GREEN
3028 Don Ethell Boulevard SW, Calgary, Alberta

FISH CREEK
146 Avenue and 1st Street SE, Calgary, Alberta

ONE-STOP INFO LINK FOR SENIORS

The Calgary Seniors' Housing Forum Society (CSHFS) offers a wealth of information for seniors and their families, who may be looking to find the best place to live — a welcoming home that supports both the senior's health and lifestyle — or other information that helps seniors live their lives to the fullest.

The website (seniorshousingnow.ca) features a library of helpful information that can help you find the resources and knowledge you need.

You can start with a list of clear and easy to understand definitions explaining the different types of available seniors' housing. There is home care, which helps you remain safe and independent in your own home, to different types of independent and supportive living, and long-term-care communities.

All the different options and terms can be confusing. But a few minutes looking at the comprehensive list of definitions will help you understand what housing options are best for you.

Once you have that sorted, there are myriad more choices to think about, from where in the city to live, to who can assist you in getting to the grocery store or deliver meals to your door. There is also a list of resources that may help you make decisions about nutrition, healthy living and accessing housing information sources.

If you are looking for information about social activities and companionship, or even where to find the closest library, you can find that on the website.

There is also extensive information about other resources, from accessible transportation to respite care for caregivers who may need to schedule a rest every now and then. It is recommended that you do some homework, perhaps connect with other people who may have moved recently or are contemplating a move, to compare notes.

It's a good idea to also drop by the Better Business Bureau of Southern Alberta's website (bbb.org/calgary) to check the business out.

Lastly, if you need health-care advice or assistance you can call Alberta Health Link at 811, the province's new, easy-to-remember phone number. Alberta Health Link will connect you with a nurse and will be able to give you advice and help direct you in the right direction.

Visit seniorshousingnow.ca for all the information you need, brought to you by the CSHFS.

CONTRIBUTED

Complimentary lunch

Complimentary dinner

revera®
Retirement Living

Choice – it's what living at a Revera retirement community is all about.

That's why, Revera would like to invite you and a guest for your choice of a complimentary lunch or dinner and tour. Take the opportunity to learn more about the retirement options available and speak with residents about what it's like to live at Revera. See why they tell us they "should have done this years ago."

Calgary
Chateau Renoir
403-255-2105

McKenzie Towne
403-257-9331

Scenic Acres
403-208-0338

The Edgemont
403-241-8990

Okotoks
The Heartland
403-938-4448

15957 07.15

AGE IS MORE®
Working together to overcome ageism.
Visit *AgeIsMore.com*

metro SPORTS

Canada's men's basketball team's thrilling run ended with a 86-71 loss to Brazil in Saturday's gold-medal game

Mission accomplished

PAN AM 2015

Canada achieves goal of finishing 2nd in Games

From Day 1 of the Pan American Games, Curt Harnett says he knew Canadian athletes "were in it to win it."

By the final day, Canada's chef de mission and his team of 717 strong were basking in the most successful Pan Am performance in Canadian history.

"One podium performance quickly followed another, en route to our Top 2 place in the medals table," Harnett said Sunday at the Canadian team's closing news conference. "Like a parent, I could not be more proud, with each and every athlete on Team Canada. You delivered."

Canada set an ambitious goal of finishing second in the medal standings, and brought the team to do it. From swimmer Ryan Cochrane, to decathlete Damian Warner, to kayaker Adam van Koeverden, Canada fielded not only its largest ever team, but arguably strongest, for Toronto. It was a who's-who of athletes who will shine on sport's biggest stage at next summer's Rio Olympics.

Canada's women's kayak team of Michelle Russell, Emilie Fournel, KC Fraser and Hannah Vaughan kicked off the record run with gold in the K-4 500 on the morning of Day 1, in the first event of the Games.

And by the time the women's baseball team capped Canada's run to the podium with a silver medal, the host nation had amassed 217 medals, 78 gold, 69 silver, and 70 bronze.

> **We know that the road to Rio for many of these athletes will bring great things.**
> Curt Harnett

The mighty Americans will take home 265 — 103 gold, 81 silver and 81 bronze. Brazil finished a distant third with 141 medals.

Not everyone brought their top athletes to Toronto. The Americans fielded squads of mainly B-team athletes. Jamaica was missing its best sprinters, like superstar Usain Bolt.

Canada, meanwhile, topped its previous best of 197 medals when Winnipeg hosted the Games in 1999. Canada passed that mark with two days to go.

Along the way, Canadian stars were born, such as Kia Nurse, the 19-year-old who led Canada's women's basketball team to its first ever gold medal. Nurse was chosen to carry Canada's flag in to the closing ceremonies.

There was sprint phenom Andre De Grasse, won both the 100 and 200 metres, shattering his own Canadian record in the 200. The 20-year-old would have captured a third gold had the 4x100-metre relay not been disqualified for a lane violation.

Ellie Black leapt and tumbled to five medals in artistic gymnastics, as Canada's most decorated athlete at the Games. Whitney McClintock in water-skiing, Jasmin Glaesser in cycling, and swimmer Santo Condorelli each won four medals apiece.

Canada's men's softball team kept a firm grasp on gold, winning No. 8 in a row. No other country has ever won the tournament.

"At this Pan Am Games, top 2, I told you it was an ambitious objective, the way we like them. We like ambitious," said Canadian Olympic Committee president Marcel Aubut. "I told you also that I had incredible faith in this great, great Canadian team." THE CANADIAN PRESS

QUALIFIED

Canadian teams clinched berths in seven sports for next summer's Olympics in Rio de Janeiro, Brazil — women's three-metre springboard diving; duet synchronized swimming; the women's K1 in canoe/kayak slalom; equestrian team jumping; women's modern pentathlon; women's 10-metre air pistol and trap in shooting; and men's field hockey.

Canada's 78th gold medal of the Pan Am Games was won in women's softball on Sunday in Ajax, Ont. FRED THORNHILL/THE CANADIAN PRESS

FINAL PAN AM MEDAL COUNTER — 217 MEDALS WON BY CANADA — 78 — 69 — 70

FINAL-DAY PODIUM FINISHES

Canadian women snag softball gold medal

Canada's women's softball team beat the United States 4-2 in eight innings, giving the host nation a gold-medal sweep at the Pan American Games.

Canada opened up a scoreless game with four runs in the top of the eighth.

Joey Lye's single scored a pair of runs and was followed by Jennifer Salling's sacrifice fly and Erika Polidori's RBI single.

The loss was the first of the tournament for the U.S., which had cruised through the tournament with a perfect 5-0 record, including two wins over Canada.

The Canadian men won gold earlier at the Games with a 2-1 win over Venezuela.

Larissa Franklin of the Canadian softball team
HARRY HOW/GETTY IMAGES

Canucks topped by U.S. in women's baseball final

Anna Kimbrell hit a bases-clearing double in the fifth inning to open up a close game and lead the United States to an 11-3 victory over Canada in the women's baseball final.

Kimbrell's double off Canadian reliever Jessica Berube came with two outs in the frame and restored a five-run lead for the U.S., one inning after Canada had clawed back to score three.

Nicole Luchanski of the Canadian women's baseball team
RICHARD LAUTENS/TORSTAR NEWS SERVICE

Jenna Flannigan, Kelsey Lalor and Amanda Asay had RBIs for Canada.

Schmitt powers Canada to volleyball bronze medal

Canada won the men's volleyball bronze medal with a 3-1 victory over Puerto Rico.

Captain Gavin Schmitt of Saskatoon led the Canadians with 25 points, converting 19 of 27 spike attempts and scoring four points with his booming serve.

G'Day mate: Aussie wins Canadian Open title

GOLF

Hearn fails to end Canucks' drought of 61 years

Australia's Jason Day celebrates after putting for birdie on the 18th green to clinch victory on Sunday at the RBC Canadian Open at Glen Abbey Golf Club in Oakville. CLIFF HAWKINS/GETTY IMAGES

Jason Day birdied his final three holes to overtake Canada's David Hearn and win the RBC Canadian Open.

Day shot a 4-under 68 Sunday to get to 17 under for the tournament. A birdie on the 18th hole sealed the victory.

"This must feel like what Tiger did for so many times, and it feels good," Day said. "I'm going to try to do as much as I can and keep it the same and try and win."

Bubba Watson was second at 16 under, while Hearn was third at 15 under.

"I gave it my all, I didn't quite have my best game," Hearn said.

Hearn was looking to be the first Canadian to win the event since Pat Fletcher in 1954.

"He was playing so good, he started off hot," Watson said of Hearn. "He putts unbelievable. There was so many putts that he hit that should've fell in. I don't know how they stayed out.

"For him and Canada that would've been a great story. That would've been his first win. How amazing would that have been?"

The Brantford native went into Sunday with a two-shot lead over Watson, the world's third-ranked player, and Day, ranked ninth. Hearn's entrance to the first tee drew a roar from the crowd.

"It was a pretty special day with all of the fans and the support that I had from beginning to finish," Hearn said.

Despite missing with his tee shots, Hearn birdied the first two holes to go up by three. Bogeys on holes 3 and 7 put Hearn into some predictable trouble, given how well Watson and Day had been playing on the back nine.

Hearn missed birdie putts on 8 and 9 by centimetres, drawing loud "Aws" from the Canadian crowd.

Day was consistent on the back nine and turned his game up with birdies on 16, 17 and 18. Watson went on a roll to catch up as Hearn faltered.

Lamenting Day's incredible finish and long birdie putt on 18, Watson pointed out that caddie Ted Scott worked for Grant Waite when he lost to Tiger Woods at the 2000 Canadian Open on arguably the best shot of the legendary golfer's career.

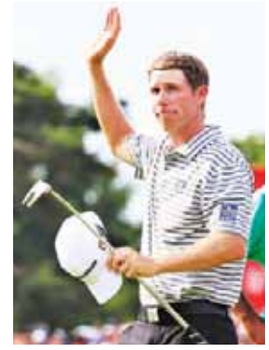
"They finished second to a great play, and I finished second to a great play," Watson said.

Hearn holed an 18-foot birdie putt on No. 13, but birdie misses on 14 and 16 ultimately kept him from tying Day. His shot into the bunker on 18 was the end.

As he left his news conference, Hearn said next year will be the 62nd for questions about Fletcher. Fourth-place finisher Jim Furyk doesn't expect the drought to last forever.

THE CANADIAN PRESS

> **I'm proud of the way I played and I'm really proud to be Canadian today. It was a pretty special day ... from start to finish.**
> David Hearn



David Hearn GETTY IMAGES

Chris Froome celebrates with Richie Porte GETTY IMAGES

CYCLING

Froome cycles to 2nd TDF victory

Tour de France winner Chris Froome and his teammates pedaled slowly over the finish line, soaking up the applause Sunday on the Champs-Elysées.

Three weeks of furious racing, of beating back both a tenacious Colombian, Nairo Quintana, and doping suspicions that are Lance Armstrong's poisonous legacy to cycling, were over.

"The Maillot Jaune is special, very special," Froome said, using the yellow jersey's French name.

"I understand its history, good and bad," he said. "I will always respect it."

The Tour is still French. But British riders have won three of the last four: Bradley Wiggins in 2012 and now two for Froome, following his first win in 2013. That puts Britain equal with the United States, with three from Greg LeMond — and minus seven stripped from Armstrong.

Under suitably British weather, on rain-slickened roads, Froome took it easy on the last Stage 21, his work done having grimly resisted Quintana's late assault on his hard-won Tour lead the previous day on the final Alpine ascent.

The tired 160 riders — of 198 who started — didn't bother racing for much of the largely flat 110-kilometre ramble from Sevres, in the French capital's southwest.

To minimize risk of crashes, Tour organizers stopped the clock early, on the first of 10 laps up and down the Champs-Elysées' cobblestones.

That locked in Froome's lead to guarantee victory. He smiled broadly as he pedalled past flag-waving spectators. He still had to ride the laps to complete the full race distance of 3,354 kilometres (2,084 miles).

But knowing the title was his, he didn't have to panic when a paper bag got stuck in his back wheel. He simply stopped and changed bikes. He also had time to raise a glass of Champagne in the saddle and stop to put on a raincoat under the iconic yellow jersey. THE ASSOCIATED PRESS

GOLD CUP

Mexico silences the Reggae Boyz

Andres Guardado scored his fourth goal of the knockout rounds, not needing a penalty kick this time, and Mexico won its seventh CONCACAF Gold Cup title Sunday with a 3-1 victory over upstart Jamaica.

Jesus Corona and Oribe Peralta added goals as El Tri scored twice early in the second half to ensure the match wouldn't come down to any calls or contentious moments as in their previous two games.

THE ASSOCIATED PRESS

Mexico's Andres Guardado, left, and Jamaica's Je-Vaughn Watson vie for the ball on Sunday in Philadelphia. DON EMMERT/AFP/GETTY IMAGES

IN BRIEF

Villa's NYCFC overcomes Larin's hat trick for Orlando

David Villa scored two goals to help New York City FC overcome a hat trick by Brampton native Cyle Larin and beat Orlando City 5-3 on Sunday.

Villa's second goal broke a 2-2 tie in the 67th minute, Thomas MacNamara added another in the 71st and NYCFC led the rest of the way. Larin's final goal pulled Orlando City to 4-3 in the 85th, but Mix Diskerud restored the two-goal advantage. THE ASSOCIATED PRESS

FORMULA ONE

Misery for Mercedes at the Hungarian GP

The crushing dominance of the Mercedes Silver Arrows came to an abrupt halt at the Hungarian Grand Prix on Sunday, the first time since the final race of the 2013 season without either Lewis Hamilton or Nico Rosberg on the podium.

Mercedes entered it looking odds-on to have both of its drivers on the podium for the 10th straight race this season.

Instead, Hamilton finished sixth and Rosberg was eighth.

The end result was that, instead of heading into the summer break with Rosberg level-pegging, Hamilton moved 21 points clear ahead of the next race at the Belgian GP. THE ASSOCIATED PRESS

> **I really don't have any words to describe what happened.**
> Lewis Hamilton

RECIPE Watermelon Pizza

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Great presentation for a dessert or appetizer. If the balsamic vinaigrette gets too thick, add more maple syrup and heat gently. Be sure to pour the vinaigrette over the melon just before serving.

Makes 8 wedges.

Ready in
Prep time: 10 minutes

Ingredients
- 2 horizontal slice round slices of watermelon (1-inch thick)
- 1 1/2 oz crumbled feta cheese
- 3 Tbsp chopped mint or basil
- Balsamic Vinaigrette
- 1/3 cup balsamic vinegar
- 1 Tbsp maple syrup

Directions
1. Place watermelon rounds on large serving plate. Sprinkle with feta and mint.

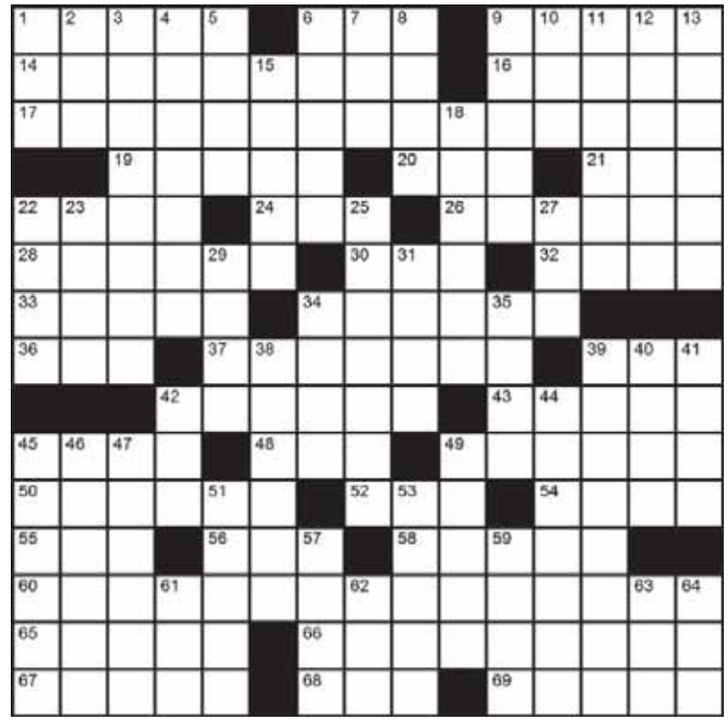
2. In a small skillet, add vinegar and maple syrup and cook on a high heat for one to two minutes until entire surface is bubbly. Drizzle over melon. Cut into wedges.

Nutrition per serving
- Calories 30
- Protein 1 g
- Carbohydrates 3 g
- Fibre 0 g
- Total fat 1 g
- Saturated fat 1 g
- Cholesterol 3 mg
- Sodium 60 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "__ Work It Out" by The Beatles: 2 wds.
6. Fella
9. __ Trinket, Elizabeth Banks' role in 'Hunger Games' movies
14. Favourable
16. Holds on property
17. Nova Scotia: Aqua occupation for a Dalhousie University graduate, perhaps: 2 wds.
19. Of the nose
20. Piquancy
21. Fifth music note, variantly
22. Poetic foot
24. Las Vegas state, for short
26. In fine __ (Healthy/fit)
28. Gets burned in the kitchen
30. Hard water
32. Observer
33. Thing that measures, say
34. Ukulele wood
36. Keats specialty
37. Bid-placing event
39. 'Motor' suffix
42. Constricting snake
43. Bus station
45. Slightly unshut
48. "The Star-Spangled Banner" contraction
49. Cheerleader's prop
50. Handwasher's peeve: 2 wds.
52. Not nay
54. __ Skye, singer Donovan's actress daughter
55. Caesar's 551
56. The Company org.
58. Fanatic sects
60. Interest for a Parliament Hill journalist: 2 wds.
65. Quaintly bless with oil
66. Driving length in Canada
67. Lay grassy rolls again
68. Timber! tool
69. De-crease

DOWN
1. Typing stat.
2. Cenozoic, for one
3. Ears! Husks! Kernels! (Based-in-Winnipeg international financial services holding company)
22. It __ __ hot in here = Turn on the air conditioner
23. __-tongued
25. Triumph
27. Salada product
29. Sturdy horse cart
31. Abel's brother
34. Tooth complaint
35. Language family, __-European
38. Perfect place
39. Face-to-face
40. Diving bird
41. Betty Grable movie, "When My Baby Smiles __ __" (1948)
42. What the amateur turned
44. Sender of signals, say
45. Near __ __ (Spread out)
46. Dolly Parton song title lady
47. Lines spoken directly to theatre audiences
49. Brazil's Sao __
51. Like the cottage-owner's expansive lands
53. School, in Sherbrooke
57. __-Seltzer
59. Droopy
61. "Shine a Little Love" gr.
62. Photos, fun-style
63. Debit opps.
64. The Outsiders author Ms. Hinton's
Edmonton __ __ (Agri-attraction in Spruce Grove, Alberta with the slogan 'Get Lost')
4. Good-humoured
5. Writer Anais'
6. Religious book
7. Single
8. Weed __ __ (Gardening brand)
9. Get hitched in Vegas
10. __ Newtons
11. Spunky
12. Footwear accessory
13. Swimmer/actress Ms. Williams
15. Mr. Penn's
18. Great-West __ Inc.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There are so many offers to choose from and they all sound so good you may find it hard to decide. Once you have made your selection, stick with it. The less you flip flop the more you will get done.

Taurus April 21 - May 21
Good fortune is heading your way and family and finances are especially well-starred. Everyone will marvel at your ability to get things done with the least amount of effort.

Gemini May 22 - June 21
You must watch what you say. Not everyone is as good at taking criticism as you are at dishing it out, and if you upset the wrong person you could make an enemy.

Cancer June 22 - July 23
You are the type who demands perfection of yourself, but the current cosmic set-up is urging you to be less driven and to see that you don't have to be the best at everything.

Leo July 24 - Aug. 23
Now is the time to give form to a dream you've had in the back of your mind for many years. It might seem outrageous to some but the planets indicate it will come true.

Virgo Aug. 24 - Sept. 23
You need to get serious about your long-term ambitions. Some kind of breakthrough is imminent, but don't just sit there waiting for it to happen — get out into the world and make it happen.

Libra Sept. 24 - Oct. 23
If there's something you've wanted to do for years but have never got around to, now is the time to get your act together and show the world you mean business.

Scorpio Oct. 24 - Nov. 22
If you trust your instincts and follow your hunches you can achieve great things over the next few days. Creative activities are especially well-starred.

Sagittarius Nov. 23 - Dec. 21
Recent weeks may not have been easy but what happens this week will convince you that a corner has been turned. If you trust fate to guide you it won't be long before you find true happiness.

Capricorn Dec. 22 - Jan. 20
This is no time for regret or remorse. You cannot change what's already happened, you can only learn from it and do a better job next time. Always look forward, never back.

Aquarius Jan. 21 - Feb. 19
What goes right today will be wonderful and what goes wrong won't hurt you in the slightest. You will know instinctively if a gamble is worth taking — and most will be.

Pisces
Feb. 20 - March 20
Decide what you want to do, then do it. Yes, some people will kick up a fuss but what can they actually do to stop you? It's your life and it's up to you what you do with it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1	5			6		8		
4		9	2		8		7	
	8			4		1		2
	7		4				5	
8		5				2		3
	6				1		9	
3		8		7			2	
	9		8		2	4		1
		4		5			8	7

©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: August 26rd - 30th, 2015
Next Seminar: August 13th, 2015 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globaltesol.com
GLOBAL TESOL COLLEGE
Teach English Worldwide

Become a
Massage Therapist!
OPEN HOUSE AUGUST 10, 5-8 PM
2200 Hour "WE" Western & Eastern Integrated Massage Program
(403) 520-5289 • www.citcm.com
CANADIAN INSTITUTE OF TRADITIONAL CHINESE MEDICINE

BIG4

JULY 2ND TO JULY 31ST ONLY **3 FOR FREE** WE'LL MAKE YOUR FIRST 3 BI-WEEKLY PAYMENTS*

ON SELECT NEW VEHICLES ONLY

BIG4

SPECIAL UPGRADE SALE

PLUS! 0% FINANCING FOR UP TO 72 MONTHS ON SELECT 2015 VEHICLES.

CALGARY'S BEST JEEP DEAL!

NOT A CAR BUT A REAL JEEP FOR UNDER $15,000!

2015 JEEP PATRIOT SPORT

MANUAL TRANSMISSION • CRUISE CONTROL • BLUETOOTH
ABS • 16-INCH WHEELS AND MORE!

CALGARY'S ORIGINAL Jeep STORE Since 1926

15J299

$14,990

OR PAY $91 BIWEEKLY

CALGARY'S BEST 4X4 DEAL!

OVER A DOZEN AVAILABLE. LOADED WITH THE FEATURES YOU WANT!

2015 JEEP PATRIOT 4x4

AUTO • A/C • BLUETOOTH • CRUISE • ROOF RACK • CUSTOM BLACK ALLOYS
FOG LAMPS AND MUCH MORE!

CALGARY'S ORIGINAL Jeep STORE Since 1926

15J290

$19,990

OR PAY $121 BIWEEKLY

AUTHORIZED FACTORY TENT EVENT $500 BONUS CASH ON SELECT MODELS* JULY 24-27

OUR MOST-POPULAR CHEROKEE... FOR LESS!

WE SELL MORE OF THESE THAN EVER AND NOW AT NEW LOW PRICE!

2015 JEEP CHEROKEE V6 4x4

THE OPTIONS YOU WANT! BACKUP CAM • HEATED SEATS
HEATED STEERING WHEEL • 9-SPEED AUTO • REMOTE START AND MORE!

CALGARY'S ORIGINAL Jeep STORE Since 1926

15J422

$27,990

OR PAY $155 BIWEEKLY

CALGARY'S ORIGINAL JEEP STORE DOES IT AGAIN!

NORTH AMERICA'S HOTTEST SUV AT CALGARY'S LOWEST PRICE!

2015 JEEP CHEROKEE LIMITED

LOADED WITH EVERY AVAILABLE OPTION! LEATHER • "PANO" SUNROOF
NAV • LUXURY PACKAGE • TOW PACKAGE • TECH PACKAGE AND MORE!

CALGARY'S ORIGINAL Jeep STORE Since 1926

15J528

$39,990

OR PAY $220 BIWEEKLY

JERRY PETERSON
10 YEARS

BRUCE GIFFIN
10 YEARS

STACEY ROGOWSKI
4 YEARS

SCOTT CLAY
4 YEARS

DAN MILLS
21 YEARS

JOHAN DEDEUGD
10 YEARS

HAN KIM
24 YEARS

JOE CHIARIZIO
48 YEARS

AARON SNOWIE
8 YEARS

MICHAEL CYBULSKI
10YEARS

GLEN BARRETH
PRESIDENT
45 YEARS

ROB COLEMAN
GENERAL MANAGER
20 YEARS

GERRY WOOD
DEALER PRINCIPAL
BIG 4 MOTORS

MARTIN VENNERI
SALES MANAGER
8 YEARS

DARCY SCHINNOUR
SALES MANAGER
18 YEARS

RAY BURNETT
10 YEARS

AHMED MANSOUR
8 YEARS

PHIL LAWRENCE
22 YEARS

JOHN QUINLAN
13 YEARS

JIM NARFASON
22 YEARS

MICHELLE MORGAN
15 YEARS

DOREEN THOMPSON
20 YEARS

CALGARY'S MOST-EXPERIENCED TEAM HAS THE ANSWERS!

7330 MACLEOD TRAIL S. NORTH OF HERITAGE DR.

DealerRater ★★★★½

(403) 451-6193 www.BIG4MOTORS.com

AMVIC LICENSED. ALL OFFERS OAC. ALL OFFERS INCLUDE FEES AND TAXES BUT EXCLUDE GST. 3FOR FREE OFFER APPLIES TO SELECT NEW 2015 MODELS ONLY. 2015 MODEL BIWEEKLY PAYMENTS BASED ON 96 MONTH TERM @ 4.99% (2..99% FOR CHEROKEE) WITH $0 DOWNPAYMENT. COB=$6,007.14 (15T290). ALL REBATES TO DEALER. VEHICLES MAY NOT BE EXACTLY AS SHOWN. INVENTORY ACCURATE AT TIME OF PUBLICATION. LIMITED TIME OFFERS. SEE DEALER FOR DETAILS.

AMVIC

WOOD AUTOMOTIVE GROUP